

Glue.



cheeky swim

by MIMI ELASHIRY

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AM JUICY COUTURE

THE NEW FRAGRANCE



Juicy Couture

#iamjuicycouture





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PUBLISHED BY HEARST/BAUER MEDIA ABN 76 309 301177, A
JOINT VENTURE BETWEEN HMI AUSTRALIA, LLC, AND BAUER
MEDIA PTY LIMITED, 54 PARK ST, SYDNEY, NSW 2000, BY
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WHAT'S YOUR FAVE SPRING HOME MAKEOVER TIP/TRICK?

My favourite

tip is a

gorgeous

candle-it

instantly

makes your home feel

more glam!

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Bronwyn McCahon

Deputy Editor Claire Askew **Creative Director** Leisa Maait

FEATURES

Beauty & Lifestyle Director Alexis Teasdale Features Director Shari Nementzik Deputy Features Editor Mel Evans Beauty & Lifestyle Assistant Cassidy Loane

A bunch of flowers! They never fail to brighten up a room.

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Beauty Editor Sarah Macrae
Senior Fashion Editor Charlotta Backlund
Market Editor Cassandra Longworth
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Kmart everything!

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Art Director Lauren Dragosetti Designer Danielle Hurps Interactive Producer/Style Editor Denis Todorovic

PRODUCTION DEPARTMENT

Acting Chief Subeditor Kelsey Garlick
Editorial Coordinator Natasha Harding (02 9282 8039)

Ifill my house with bright dinosaur cactus planters.

COSMOPOLITAN.COM.AU

Digital Managing Editor Emily Kerr Associate Producer Lorna Gray Beauty and Lifestyle Writer Amelia Bowe — Go to
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and get
some fairy
lights!

Head of Commercial Categories Mark Driscoll (02) 9282 8904 Commercial Category Manager
Jessica Lay (02) 8267 9512 NSW Head of Direct Sales Lisa Wells (02) 9282 8111 Sales Director
Victoria Andrea Salmon (03) 9823 6341 Sales Director Queensland Rebecca Lawrie (07) 3101
6630 Group Sales/Strategy Manager South Australia Nabula El Mourid (08) 8267 5032 Western
Australia Sales Director Vikki Stacy (08) 9207 1500 Head of Creative Allan Fletcher (02) 8268
4494 Production Controller Rachel Walsh Advertising Production Controller Sally Jefferys
Contributors Julia Naughton, Jennifer Kang, Danielle Lunn Contributing Medical Adviser
Dr Penny Adams Interns Laura Herd, Angélique De Catheu, Tahlia Sarv, Melanie Burton,
Sandy Sarouni, Grace Osgerby, Anastasia Skliris, Lucy Lincoln, Evette Verghios, Jess Kennedy,
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y fiveyear-old daughter says she wants to be a nurse when she grows up (this week anyway). If my son decided he also wanted to be a nurse, he would be paid \$3700* more per year as a graduate than his sister. Same

Right now Australia's gender pay gap is at an alltime high of 18 per cent. Yep, that's right – it's 2015 and women working fulltime are getting paid 82 cents for every dollar that Aussie men earn.

job and skill set, just different genitals. How on Earth is that fair? Oh wait, it's not.

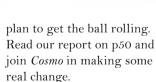
Compared to our mums and grandmothers, things have come a long way. But despite there being legislation against sexual and gender discrimination, a gender pay gap still exists - and it's growing. While there's a stack of reasons/excuses for why the gap is getting worse, not better (women often work in lower-paying industries, are under-represented in senior management positions, take time off to care for kids and/or return to work parttime), there is still a gender pay gap that simply can't be explained as anything but

bias and bullshit. It's what former Sex Discrimination Commissioner Elizabeth Broderick refers to as "gender asbestos": the unexposed forms of discrimination that allow for men to be valued, economically speaking, more than women. But if all we do is talk and complain about

IT'S 2015 AND WOMEN WORKING FULL-TIME ARE GETTING PAID 82 CENTS FOR EVERY DOLLAR MEN EARN"

why the gap exists, no matter how smart, how educated or skilled women are, they will still have to work an extra two months (or more!) each year to earn the same as men.

Let's stop complaining and start actually doing. It's not enough to just say that women and men should be paid equally – we need to take action. And we have a



Enjoy the issue.



I don't want



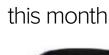


A jam-packed weekend filled with yoga, Pilates and Xtend Barre classes as well as product sampling, makeovers and celebrity seminars. And guess what... registration is free! Go to healthandwb.com.au.











WHAT'S HAPPENING,

NOVEMBER

1. THE COLLAB

It's time to break into your emergency shopping fund because the much-anticipated Balmain x H&M fashion collab is in stores from November 5. (Excuse us as we overhaul our entire wardrobe.)

2. THE CONCERT

Get ready to shake it off as the Australian leg of Taylor Swift's 1989 World Tour hits Sydney on November 28. And like it couldn't get any better, Vance Joy is also reppin' as a special guest. Visit ticketek. com.au for more info.



Cosmo's run-down of all the cool things you need to do, see and hear about this month

6

6. THE FESTIVAL

Grab your denim shorts and trusty sunnies because your fave summer festival is here. Stereosonic is amping up the beats from November 28, starting in Sydney before visiting Perth, Adelaide, Melbourne and Brisbane. Visit stereosonic.com.au for info and moshtix.com.au to buy yourself tickets.



3. THE MOVIE

Katniss "braid-goals" Everdeen is back in our lives on November 19 when *The Hunger Games: Mockingjay* – *Part 2* hits cinemas.

4. THE SCENT

On our lust-list this month: Axis Floral fragrance. The combination of bergamot, peach and vanilla is simply delish! RRP \$29.99 (100ml). Available at My Beauty Spot, Chemist Warehouse and My Chemist.

5. THE BDAY

Celebrate Kendall Jenner's birthday on November 3 in true Kardashian-Jenner style – a Keeping Up With the Kardashians marathon, natch.

7. THE CAUSE

Host a movie night or take part in a fun run with your friends on November 25 to raise money for White Ribbon Day and help put a stop to violence against women. Check out whiteribbon.org. au for more.

8. THE BEAUTY

Master all of this summer's hottest beauty trends (without breaking the bank) with W7's makeup range, where everything is under \$4.99. Available at My Chemist and Chemist Warehouse.

9. THE POP-UP

Head to Myer Melbourne between October 8 and November 8 for their special Spring Racing Jewellery Pop Up Shop.

10. THE PT

Get your health back on track with Priceline Pharmacy's free Health Tracker program. Go to priceline.com.au/healthtracker for more.



WORDS BY NATASHA HARDING. GETTY IMAGES; THINKS

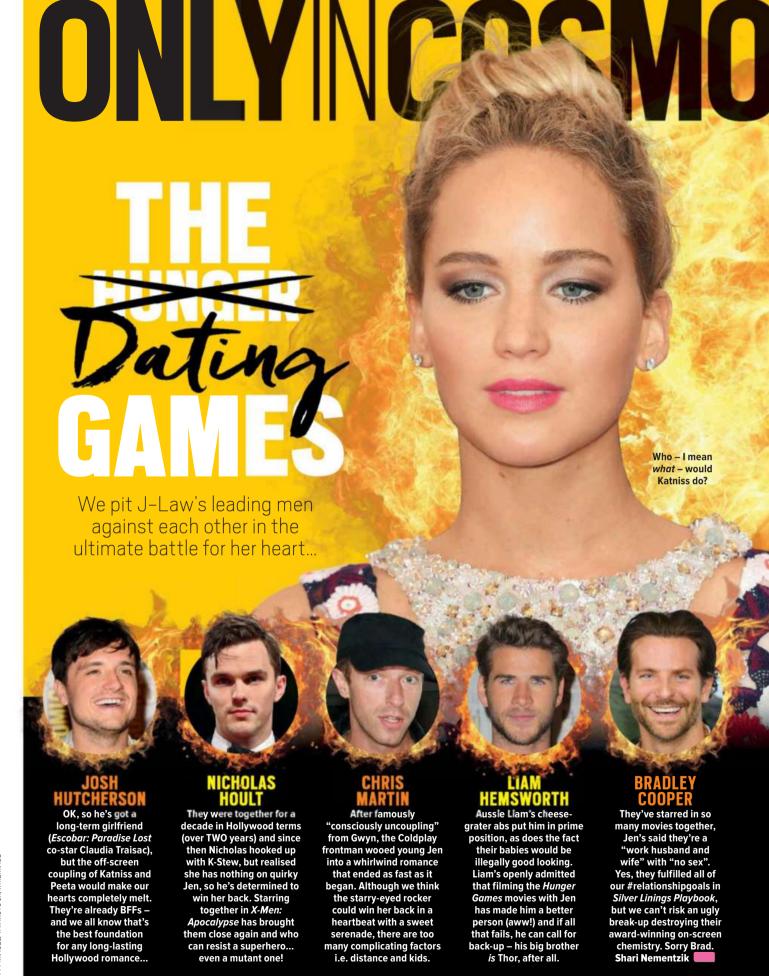












Yep, we're talking lady gardening



OVER 69% OF YOU OPT FOR THE HOLLYWOOD STYLE (ALL-OFF) DOWN-UNDER.

How does your man like you "styled"?



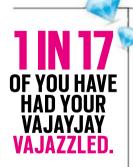
50% A LITTLE BIT OF FUR NEVER HURT



46% SMOOTH LIKE A BABY'S BOTTOM



4% HE'S AN OUTDOORS MAN WITH A LOVE FOR THE BUSH





What's the worst part of taming the muff?

37% INGROWN HAIRS
29% PRICKLY REGROWTH
24% IRRITATED SKIN
10% THE PAIN

What's your chosen method of down-there hair removal?

Shaving 50%

Waxing 27%

Laser **11%**Nada — got hair, don't care **8%**Hair removal cream **4%**

How would you describe your lower mane?

NON-EXISTENT 47%

SHORT AND SWEET 43%

1105
OF YOU HAVE HAD A GUY REFUSE TO GO DOWN ON YOU BECAUSE OF YOUR FUZZ! — WTF?

Does the carpet match the drapes?



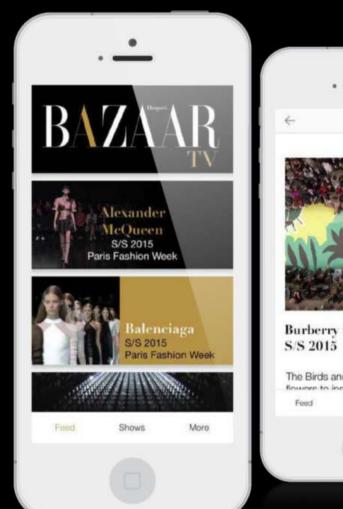
939%

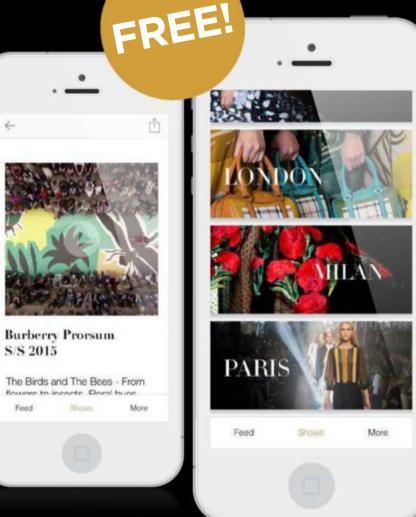


2 IN 5 OF YOU WOULD LET A GUY "LEND A HAND" WITH HAIR REMOVAL.



WATCH ALL THE KEY SHOWS FROM NEW YORK, LONDON, MILAN AND PARIS FASHION WEEKS.





FULL RUNWAY SHOWS / BEHIND-THE-SCENES VIDEOS INTERVIEWS & MORE!

Search for **Harpers Bazaar TV** on the



There's a warning in our tampon boxes. But Kelsey Garlick questions whether we've all stopped paying attention to it

t wasn't until US model Lauren Wasser lost her leg that I remembered I needed to pay attention to toxic shock syndrome. In the past year or so I'd stopped being diligent about my tampon habits. I slept with a tampon in at first getting up at 3am to change it at the five-hour mark, then pushing it back to 6am at the exact eight-hour mark, and eventually just not bothering and pushing it to a full nine and a half hours. I'd pop a fresh one in before breakfast and get caught up in my workday, forgetting it was there until 4pm. I'd stopped thinking of toxic shock syndrome as a risk. A quick poll of my friends revealed they had, too.

The warnings and eight-hour time limits feel like a relic of a time past – a precautionary throwback to the '80s, when tampons were made with synthetic materials rather than cotton, included as a failsafe so the tampon manufacturers don't get sued, or an exaggeration to make us use more and buy more. If you

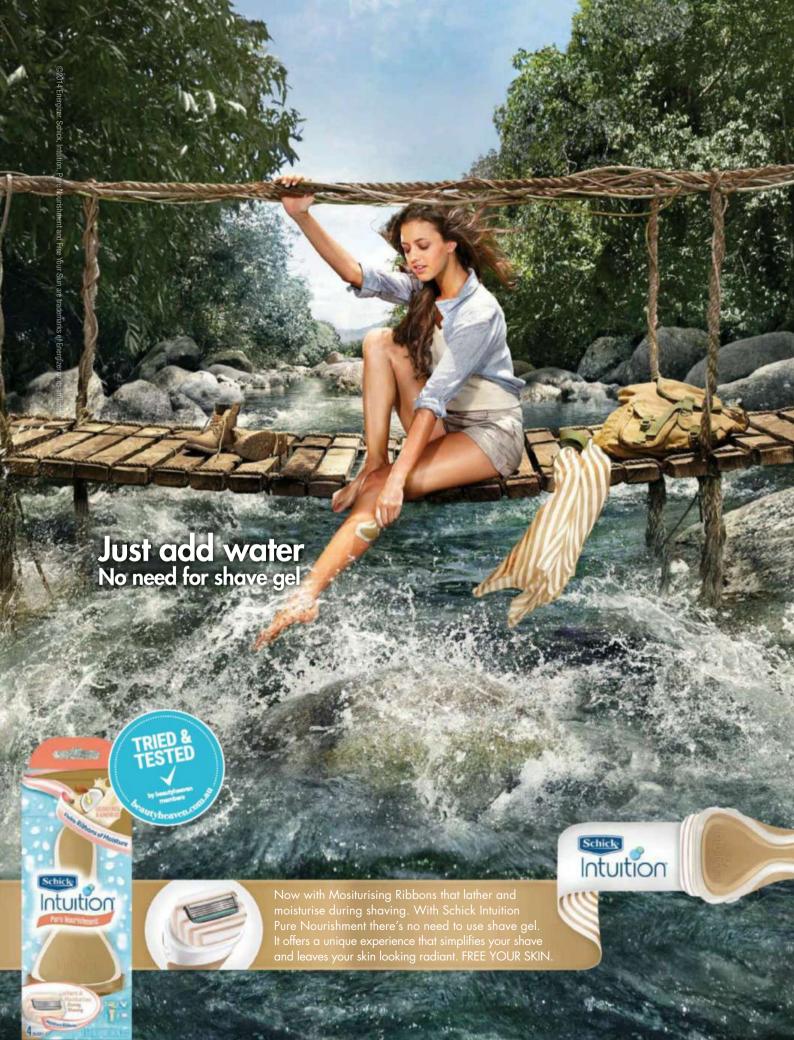
THE AVERAGE WOMAN USES OVER 12,000 TAMPONS IN HER LIFETIME.

are anything like me, you read all the information, took note, maybe obsessed about it during your teen years, then slowly got more lax about it as years passed with many periods and no signs of toxic shock.

But Lauren Wasser wasn't so lucky. Three years ago she got toxic shock syndrome, which led to gangrene, and today she's an amputee. Whether or not the tampon she was wearing was to blame, it's a harsh reminder that TSS still exists. It's rare, yes, but that doesn't mean we should be getting complacent about it. It's time for us to stop brushing off TSS and brush up on the facts.

THE FACTS:

- TSS can affect both sexes and all ages, but is more common in women of menstruating age.
- TSS is caused by a bacterium called Staphylococcus aureus, which can create a toxin.
- Staphylococcus aureus is found on the skin, in the nose, armpit, groin or vagina of one in every three people, mostly without issue.
- Tampons themselves do not cause TSS, but research suggests that tampons can increase the risk in two ways: (1) Tampons left in for a long time may encourage bacteria to grow; (2) Tampons may stick to the vaginal walls (especially with light flow), causing abrasions when removed, through which the toxin can enter the blood stream.
- Symptoms of TSS are similar to the flu – watch for a high fever (39 degrees +), dizziness, diarrhoea, muscle pain, headache, vomiting, weakness or confusion, and/or a sunburn-like rash. If you present with symptoms, remove tampon at once and inform your GP.





GRILLZ ARE ON THE HEALTH CARE PLAN

Move over ObamaCare. Yeezy is on the case to bling-up all of his constituents. Well if he throws in free Kim K bum implants, we're totally voting West.

President West says: "...my music isn't just music - it's medicine."

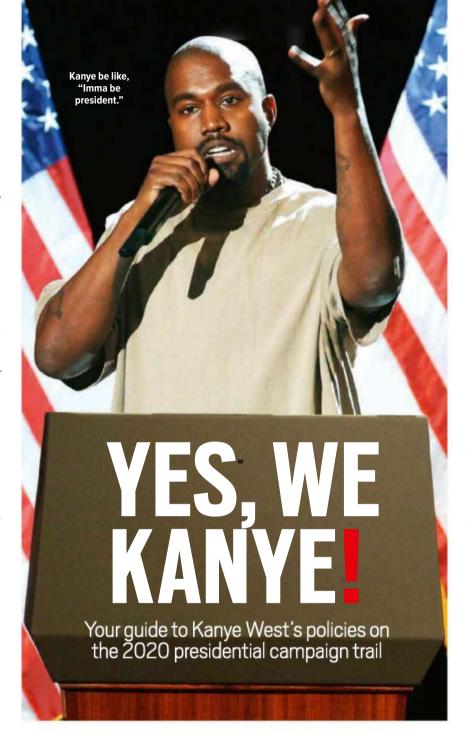


KRIS JENNER WILL BE POLITICAL ADVISOR

Prepare for a sneaky sex tape leak from the Oval Office, just in time for elections! 'Cos you know his mumager-inlaw wouldn't have it any other way.

President West says:

"For the most part. I'd rather people have one of those home videos than some of the paparazzi shots that get published. At least I recorded that shit myself."





YOU KNOW HIS INAUGURATION **SPEECH WILL GO FOR A** WEEK - AND **HE'LL RAP IT**

If his VMA ramble is anything to go by, we're going to need to set up tents and bring supplies. Hurry up with our damn croissants!

President West savs: "We're led by the least noble ... and the most political. In no way am I a politician – I'm at my best politically incorrect and very direct."



THE LEARNING **CURRICULUM** WILL COME FROM **THE SCHOOL OF YEEZY**

Just like The College Dropout himself, the best education is on the street! Holla!

President West savs: "I would never want a book's autograph. I am a proud nonreader of books."



CONGRESS WILL BE MADE UP OF THE ILLUMINATI

From Jay Z to Beyoncé and Rihanna - every leader has a clique, and Kanye's will certainly reign supreme.

President West says: "If you know you're the best, it only makes sense for you to surround yourself with the best. No exceptions."



KIM K WILL BE THE **FIRST LADY TO END ALL FIRST LADIES**

Long gone are her days of following around Paris Hilton ain't no basic bitches up in here.

President West says:

"Michelle Obama cannot Instagram a pic like what my girl Instagrammed the other day." We haven't seen a bikini selfie of Mrs Obama... yet.



BEYONCÉ WOULD WIN ALL THE AWARDS

I'm real happy for you ('cos you bought Cosmo) and Imma let you read on ('cos it's awesome), but Beyoncé had one of the best videos OF ALL TIME!

President West says: "Respect my trendsetting abilities. Once that happens, everyone* wins." 'As long as you're Bey!

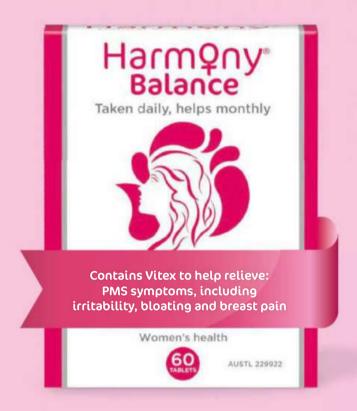


THE WHITE HOUSE IS IN FOR ONE **HELLUVA REFURB**

Expect black and gold and all of dem chains. Damn, what would Jeromey Romey Romey Rome think?

President West says: "You don't see just how fly my style is? I don't see why I need a stylist when I shop so much I can speak Italian."

Dear cramps*, we really need to talk...



Here's an unhealthy relationship you should put an end to right now. Harmony Balance contains Peony, traditionally used to help relieve abdominal cramps*. Taken daily, Harmony Balance also contains Vitex to help relieve PMS symptoms including irritability, bloating, and mood swings. Available at your pharmacy or health food store.

Take a positive step, Take Harmany®

takeharmony.com

Contess



"I spent a Saturday night in watching a rom-com. The fire alarm went off and I had to stand outside my apartment in my pyjamas, sobbing and alone, while everyone else was dressed up and going out. Great."

– Shivani, 20

"I WENT TO THIS CLUB COMPLETELY WASTED. WHEN THE BOUNCER ASKED FOR MY ID, I TOOK HER HAND, KISSED HER CHEEK, AND SAID, 'YOU LOOK BEAUTIFUL TODAY.' I DIDN'T GET IN." – Kelly, 21

3 CELEB CONFESSION



"It was winter. I usually put on my stockings, leggings and jeans. That day, I put on leggings and my stockings from the day before were stuck in the leggings. I got on the train, and the stockings were dragging behind me. It was rush hour, and I had to pull out the stockings on the train, put them in my bag and act like nobody saw. The stockings were nude! They didn't blend in. I was so embarrassed." – Dascha Polanco, Orange Is the New Black

"I WENT TO A
PERFORMING
ARTS SCHOOL,
AND DURING OUR
BIG-DEAL SPRING
DANCE RECITAL
I SLIPPED IN THE
MIDDLE OF THE
PERFORMANCE
AND FELL ON MY
BUM. THE ENTIRE
AUDIENCE SAW."

- Melissa, 26

WHILE MY BOYFRIEND AND I WERE HAVING SEX, HIS DOG CAME INTO THE ROOM WITHOUT US KNOWING. THEN, WHILE I WAS ON TOP, THE DOG LICKED MY BUM. TOTAL MOOD KILLER.

Paige, 22

ONS

"On our first date,
he drove me to a house
that was for sale and told
me to 'picture our future'.
He then told the agent his
'fiancée' wanted to
see the house."
- DANIELLE. 20

"Everything was going well – until we ran into his girlfriend at the end of our date. He was my ride, so I had to stand there and deal with her friends' evil glares while the two of them had it out." - RAQUEL, 24

Worst dates ever!

Enjoy these readers' doozies, and be glad it wasn't you "He took me to a baseball game, and while we were in the stands he asked if he could use my credit card to pay his electricity bill online."

"He showed up to our date with bags full of groceries. He then took out the milk he'd bought and asked the bartender to store it in the fridge behind the bar for him.

Who does that?"

- EMILY, 27



"After dinner, he peed in the parking lot because he didn't want to go back inside to use the bathroom."

- ABBY, 25

"We went on a blind date, and while we were talking, he forwarded me an invite to his upcoming party. It specifically said 'No one from New Jersey allowed!' Except... I'm from New Jersey – and he knew that." – BRITTANY, 29

"He awkwardly kissed me, looked down at his crotch and said, 'It's not just the pleats, I'm very aroused right now!" - ALISON, 33

"He left his retainer in the restaurant.
The host said that it probably got thrown out, so he dove into the dumpster. He found it but was pissed I didn't help!"

- DARBY, 21

DOUCHE-O-METER

JUST CLUELESS UM. NO CHEOUE. PLEASE! SO OFFENSIVE

EPIC FAIL

DERANGED

Silkymit

three simple steps to SMOOTH SUMMER LEGS



STEP 1

Before you use Silkymit you must ensure your legs are completely dry.

STEP 2

Slip on the mit on your hand and rub it all over your legs in a smooth circular motion. This action removes the hair and exfoliates dead skin cells.

See instructions in pack.

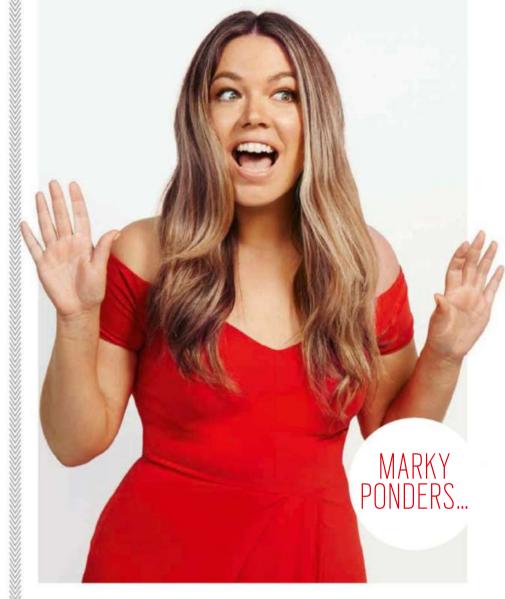
STEP 3

When you've removed all the hair, gently wipe down your legs with a damp towel. The result? Pain-free, beautiful, silky smooth leas!



The original just gets better! Try Silkymit for smooth silky finish from head to toe!

AVAILABLE AT PHARMACIES, SHAVER SHOP, PRICELINE AND BIG W.



WHAT WOULD YOU TELL YOUR TEENAGE SELF ABOUT SEX?

Emma Markezic has a few choice morsels for her younger self... and you might just want to pay attention, too

ear teenage Marky. It is
I... grown-up Marky! I
have so many things to tell
you. Firstly, stop slouching.
Secondly, that fringe you're
thinking about cutting in... don't do it.
You'll look like Jim Carrey in Dumb
& Dumber. TRUST. And thirdly, you
should invest in a little thing called
"Google". Don't worry, you'll know
what it is when you see it.

But now to the really important stuff. By which I mean sex, love and everything in between. There's just one simple thing I want you to know about that. Actually, that I want you to do. That I want you to be.

Embodying this one thing will make your life umpteen times better in every way. In every conceivable way. But it will be especially effective for your love life. In fact this will be by far the sexiest thing you can ever do both in and out of the bedroom. How do I know? You grow up to be a sex oracle. Go figure?! But don't dwell on that now. You have to attempt to hack your way through law school first. Good luck with that.

So what is that one thing? I call it being autogenerous. It's basically about practising self-care, self-love, self-confidence and self-respect. All at once and without apology. Because you know how you're always banging on about how you think your size six bum is whale-big? And that your boobs aren't perky enough? And that no man will ever find your awkward one-liners anything but a deterrent? Well, it's not cute, it's just annoying. In fact, voicing self-criticism is pretty much the unsexiest thing in the universe. Other than maybe Crocs. Again... just wait and see.

You have questions about this, I can tell. Let me pre-empt a few of them for you.

Yeeceeah – you're really going to have to explain that better

That's not a question, but I grant it could use some clarification. Basically, forget about working on your innerthigh squats or coy smile or blowjob technique – those are not the things

that are going to get you laid. They really are not. What will get you laid is exquisite, beautiful, all-encompassing self-contentment. It's truly the most attractive, magnetic quality in the universe. And this comes from being autogenerous – letting yourself practise being alone, being lost, being fearful, being your own cheerleader through all of that and coming out the other side only to realise... you've got this. You really do. This is a feeling that continues to grow with you and then permeates everything you do. You become braver, more creative, more interesting. You become a better friend,

"FORGET ABOUT **WORKING ON YOUR** INNER-THIGH SQUATS OR COY SMILE OR BLOWJOB TECHNIQUE — THOSE ARE NOT THE THINGS THAT ARE GOING TO GET YOU LAID"

a better lover, you spread the vibes you crave. You are self-sufficient and people want to be a part of it. That, my friend, is what being autogenerous is all about. And it's a thousand times more useful to you than that size six bum. Which won't last much longer anyway. Soz about that.

But how do I just suddenly become autogenerous? If that even is a real word...

It isn't, I made it up (you do this a lot as an adult, just roll with it). Being autogenerous isn't as hard as you think. It just takes practise. Practise being self-confident by remembering a time - any time - you did feel confident and repeat that memory anytime you need it. The brain has this way of changing





You know short girls just pretend you're a maxi skirt, right?



Did you know you have cycling to thank for your creation? Before it got popular, it was frowned upon for women to show their ankles.



Were you aware your name rhymes with fiddy hertz? Which is the world's most widely used electrical frequency? I know, right - so many facts, so little time.



Do you ever look a mini-skirt and go, "Poor little possum - you're half the skirt I am."



Can I just say... thanks for covering up my knees but still letting me be sassy. Not a question, just thanks.

the neural pathways based on behaviour and thinking, which means we can create stronger emotional patterns and networks as we go. It's called neuroplasticity and it's pretty swell. Practise self-care by not beating yourself up about things you can't change, and practise self-love by not waiting until your late-twenties to buy a vibrator. Practise self-respect by not putting up with crap you know you shouldn't put up with; the only person's behaviour you can change is your own, remember that. Allowing yourself to practise all of this all of the time is being autogenerous. There is no end goal, only evolution. But it is something you can carry with you always. (As is the vibrator, by the way - those puppies can go in your carryon luggage, no problem.)

And how will being autogenerous help my sex life exactly?

This kind of self-contentment is sexy. Like, out-of-control arousing. When you're truly content, you're also honest and confident and sensitive – a hypnotic force to be reckoned with. Be proud of who you are and people will notice. Men will notice. It's an aphrodisiac that knows no bounds. It has nothing to do with your haircut or your hemline and you can radiate it at 21 or 71. This is what it is to be sustainably sexy. Just don't ever confuse confidence with arrogance - a lot of people make that mistake. Cockiness is not confidence, it's the by-product of an off-putting, self-important swagger. Confidence encapsulates strength and vulnerability. It means not just pretending to like football because he does. It means not letting him push you into things you're not ready for. It means being open to new possibilities and new people. It means knowing you're going to get hurt but letting people in anyway. It means being totally, unabashedly, completely OK with being alone and knowing that is far better than being with someone who isn't right for you. Perhaps ironically, this is an incredible turn-on. This is exhilarating. This is surprisingly rare.

So that's it. That's the one thing I want you to know. If you have any more questions I suppose you'll just have to wait a few years till you figure it out yourself. Also, I'm really not kidding about the inner-thigh squats. Seriously, stop wasting your time on those. There's no point.

Yours in the most affectionate way possible,

Ripered Markey

P.S. Say hi to your mum for me.









\$25

Real **Techniques** Lash-Brow Groomer, \$14.95

Powder brush

"Generally speaking, a powder brush is used to apply powder or blush to the face," says Dutton. "They are medium in terms of size and generally used on the cheekbones. forehead, nose, chin and décolletage." Washing weekly is sufficient.

Napoleon Perdis s25 Finishing **Powder Sable** Brush, \$45

Brow comb

ORDS BY LEIGH CAMPBELL STILL-LIFE PHOTOGRAPHY BY PABLO MARTIN/BAUEF

"Groom and direct eyebrows with this comb," says Dutton. "These brushes are also great for separating lashes after applying your mascara." Spritz with hairspray and comb down flyaways in your hair when doing a slicked look.



Combat the first signs of ageing naturally with our new Age-Defying Formulas. Rejuvenate the look of your skin with the AHA Facial Exfoliator and Phytox™ Oil, helping refine the appearance of fine lines and wrinkles, leaving your skin looking and feeling softer, brighter and more radiant.

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HOW MANY SHOTS IT TAKES HER TO GET A GOOD SELFIE.

"I try to keep it real and in the moment so I usually take no more than three."

5-7

NUMBER OF STEPS IN HER SKINCARE ROUTINE.

"Five days a week, it's five steps: I cleanse with a cream cleanser, mist, apply treatment oil and eye cream, followed by day and night moisturiser. Then two evenings a week, I exfoliate and mask, too (picking either a hydrating or clay mask depending on what my skin needs)."

KORA Organics Vitamin Enhanced Lip Balm, \$19.95

BEAUTY BY NUMBERS with Miranda Kerr

"I have it down to a few minutes. I pull my hair back into a neat ponytail or topknot, then apply tinted moisturiser, curl my lashes to open up my eyes and apply lip balm."

HER OFF-DUTY

BEAUTY LOOK TAKES.

which doubles as a blush."

The most fun you can have with numbers is guizzing celebs on their beauty digits

THE NUMBER OF MINUTES SHE TAKES TO GLAM UP FOR AN EVENT.

"Generally [I take] between an hour and an hour and a half depending on the occasion."

Invisibobble in Clear (3 pack), \$10.95

> PRODUCTS IN HER MAKEUP BAG.

"I always make sure I have lip balm, citrus face mist, tweezers, a compact mirror, nail file, concealer and my hand cream."

KORA **Organics** Tinted Day Cream, \$59.95

Tweezerman Slant Tweezer, \$29.95

MIRANDA NEVER BOOKS A HAIRCUT. "THEY GENERALLY JUST HAPPEN ON PHOTO SHOOTS."







"I love animal prints because they never go out of style. Animal prints can complement just about any outfit, which is why you can't go wrong with glasses like these from Specsavers." Alex Perry, Fashion Designer

SHOP THE 2015 COLLECTION

statement makers

Love adding an unexpected point of interest to your outfits that makes you stand out from the crowd? Choose bold animal prints and make a style statement.

Fresh, neutral palettes are huge for S/S 15. Think ultra-smart all-white or monochromatic classic black for stand-out workwear, and daring double denim for off-duty perfection. So what's the insider's trick when you want to embrace new-season style and still stand out among all the muted tones? Add a touch of glamour and match your pared-down looks with bold animal print accessories. The ultimate in summertime sophistication, these glasses are perfect for an effortless effect. With two pairs of complete glasses from the Alex Perry range at Specsavers priced from \$199, you can afford to set the tone for your new-season accessories and switch it up, in style.

2 pairs single vision \$199, 2 pairs multifocal \$349.
 2 pairs single vision \$199, 2 pairs multifocal \$349.
 2 pairs single vision \$199, 2 pairs multifocal \$449.
 2 pairs single vision \$199, 2 pairs multifocal \$349.

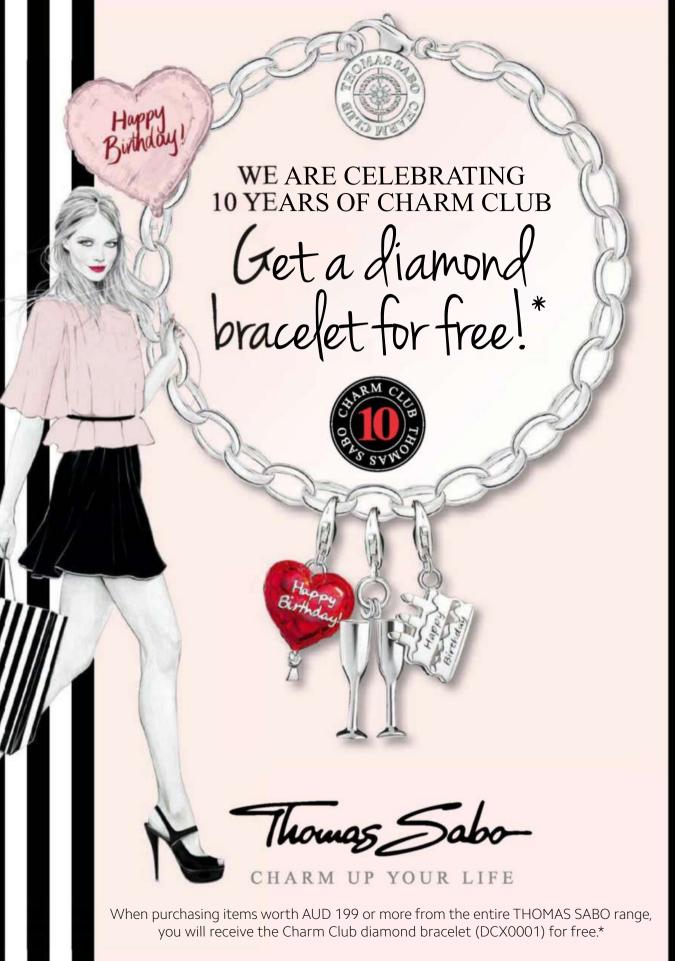






Prices complete with standard lenses with scratch-resistant coating. Second pair must be from same price range of frames and lens range or below. Must be same prescription. Extra options not included. Prices correct at time of print. Frames available while stocks last.





*Only while stocks last. Cannot be combined with other offers. The value cannot be paid in cash. One bracelet per customer. Promotional period: 29th October - 15th November 2015 (or while stocks last).



HOW CAN I MAKE MY PERFUME LAST FOR LONGER?

It sucks when you spritz on your signature scent but then you can't even smell it five minutes later. Make sure you moisturise, as perfumes tend to disappear faster if your skin is dry. Pick an unscented body lotion so that it doesn't clash with your favourite fragrance. Also go for an eau de parfum (EDP) rather than an eau de toilette (EDT) they're stronger, so you can smell them for way longer.

finish with a clear top coat to help prevent any chipping.

I hate using fake tans, but I'm so pale. Help!

A gradual tanner is good if you tend to steer clear of faking it. Try this innovative newbie that you apply in the shower, to wet skin – water helps to activate the tanning agent – for just three minutes. (Up your teeth-brushing game from 30 seconds to 1.5 minutes and you're halfway there!) It gives skin a subtle glow without leaving you all sticky and smelly, making it great for beginners

St. Tropez Gradual Tan In Shower Tanning Lotion, \$39.99

and the socket. After that, well, practice makes perfect. Leigh Campbell









$\underbrace{WAYS} \underbrace{WITH} \underbrace{A} \underbrace{A} \underbrace{A} \underbrace{A} \underbrace{Because} \underbrace{new shoes are} \underbrace{always} \underbrace{a} \underbrace{good} \underbrace{idea}...$

STACKED HEEL







Use coconut oil to replace butter or refined vegetable oils as an alternative when cooking.



Moisturiser

Use as a body moisturiser by applying directly to your skin or a nourishing hair mask.

EASY USES FOR





Metabolism

1 teaspoon will help boost your metabolism thanks to high levels of MCTs and Lauric Acid





Antibacterial

Swipe over minor scrapes or scratches to take advantage of coconut oils antibacterial and antifungal properties.





Makeup Remover

Use coconut oil to remove makeup, even waterproof mascara while soothing your skin.



Nappy Rash

Apply coconut oil to create a water resistant barrier to help heal mild nappy rash.

Healthy Oil

Bioglan SuperFoods Coconut Oil is the healthier oil that your body will love. With so many uses; from cooking to cleansing it is the perfect all rounder.

Healthy Weight Loss

Coconut oil is rich in Medium Chain Triglycerides (MCTs) and lauric acid which boost metabolism and help your body use fat for energy.

Organic Cold Pressed

Bioglan SuperFoods Coconut Oil is 100% pure, organic and cold pressed. Cold pressing is the only way to ensure you get the highest quality, most flavoursome coconut oil.

Heat Resistant

With a higher smoke point than other oils, coconut oil is not damaged by heat making it perfect for stir frys and baking.







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NEW from Ego

Helps protect your lips against cold sores.



Virapro X contains lysine and has been developed to work in three ways.

- → MOISTURISER Helps keep lips hydrated.
- → SPF 30 SUNSCREEN Helps prevent UV damage.
- PROTECTION Helps maintain lip health.



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FREE RACE DAY TICKET TO

Cellarbrations Girls Day Out November 14, 2015 Rosehill Gardens

Ladies, get your frocks, fascinators and stilettos ready for the cheekiest race day of the year, with live entertainment, pampering and plenty of racing action.

Hearts will be pulsing as the 2016 Firefighter Calendar hotties rove the track, plus you will be treated to a live performance by the guys from Beat the Streets.

This is the ultimate day out for you and your girlfriends to kick up your heels, and also the perfect opportunity for blushing brides-to-be to gather their hens.

Cosmo is excited to partner with this iconic event for the first time and will be bringing you the Style Stakes presented by Cosmopolitan.

To celebrate we are offering all our readers an exclusive complimentary General Admission ticket to Cellarbrations Girls Day Out, valued at \$20.

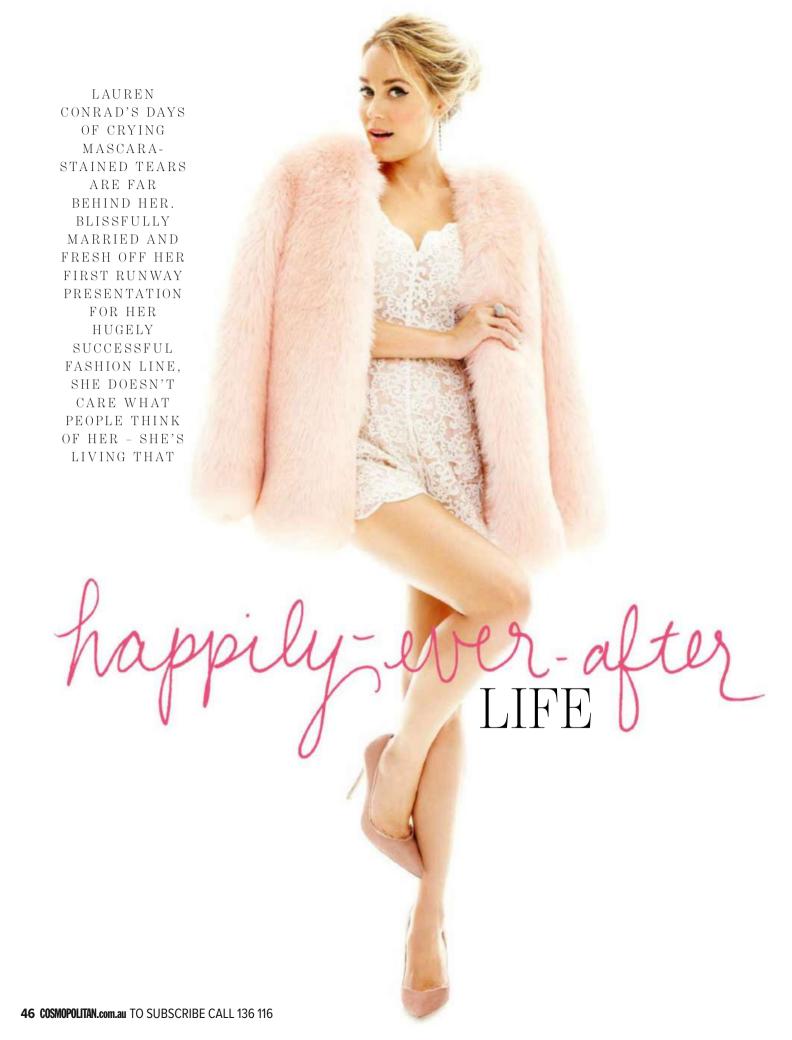
COSMOPOLITAN COSEHILL SARDENS



Simply head to **theraces.com.au/cosmo** and enter the codeword COSMO to redeem for your FREE General Admission race day ticket.

COSMOPOLITAN November 2015 45





LAUREN CONRAD LOOKS UP AT THE WAITER. "Is the turkey panini delicious? she asks. He shakes his head no, and her face falls. "What is... better than delicious?" he asks. "Oh!" she says, thrilled. "Then I must have it!" We've met for lunch in Topanga Canyon, a vestige of wild Los Angeles, both in terms of animals that roam the hills and the locals. The restaurant sits alongside a babbling stream, and our waiter – who proves to be, how should I put this, a bit eccentric – says that if we're lucky, we might see deer, mountain lions, rabbits, even a reptile or two.

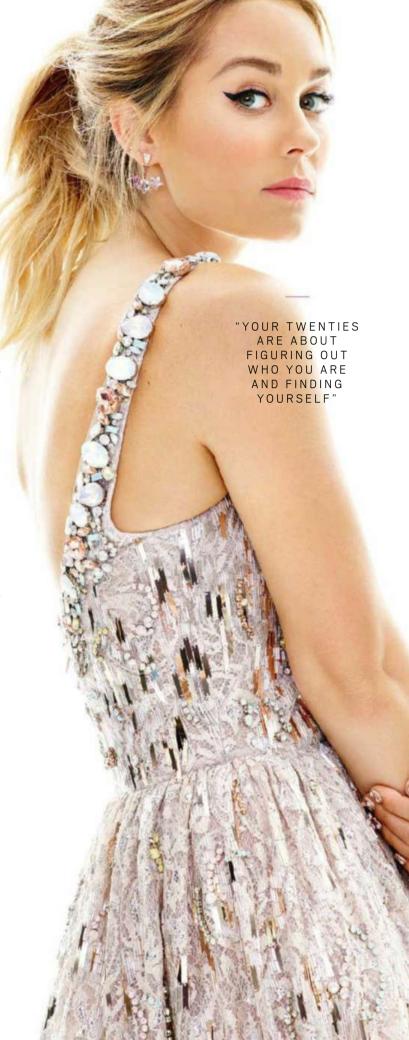
"I caught a rattlesnake," he says, depositing a bread basket on the table. "I took it home, skinned it, and now it's drying!" I glance quickly over at Lauren, fully expecting her to be horrified by the place I've brought her to. Instead, she launches into her own snake story. "We're de-rattlesnaking my house right now, actually. My husband keeps saying we should get a mongoose, but I'm like, one, they're illegal, and two, then we'd just have a mongoose problem." Her eyes go wide. "We'd be all pressed up against the window like, 'Oh my God, where is it?'"

LET'S BACK UP A SECOND

Lauren Conrad - she who at age 18 first made her grand entrance into the public eye in the postcard-worthy scenes of Laguna Beach followed by the drama of The Hills, who oversees the Pinterest-perfect thelittlemarket.com and is responsible for two beyondfeminine fashion lines: Paper Crown and LC Lauren Conrad for Kohl's (which included a collab with none other than Minnie Mouse) - is tackling rattlesnakes? The image of it stands in stark contrast to her four-million-followerstrong Instagram packed with flowers, food and all the pretty things... often cast in a light pink hue. But then as a legit lifestyle guru in a sea of celeb wannabes (just see her books Lauren Conrad Style and Lauren Conrad Beauty – her ninth, Lauren Conrad Celebrate, will be published next year), why shouldn't she be taking on pest control? If anyone can make it look pretty, it's this woman.

Our lunch is a welcome break from Lauren's move into her new, mongoose-free home in the Pacific Palisades, which she reportedly bought for a cool \$6.2 million* and where she lives with her husband of a year, musician and lawyer William Tell. Of her Rag & Bone top and jeans, she says she's "wearing what I could find out of boxes". Still, she looks every inch the style icon and fashion insider – a move that's been quite deliberate. "Television was just sort of an accident," she says. "I never felt really strongly about it. But fashion is something that I feel passionate about. If I hadn't done TV, I still would have ended up in the [fashion] industry, but I wouldn't be in the position I am now. I saw myself having a line and then growing it as big as I could, but I never imagined having anything the size of my Kohl's line." The collection is sold in over 1,200 stores and online.

Back in September, she unveiled a limited-edition LC Lauren Conrad Runway Collection in her first-ever runway show for the brand. "I love fashion shows, and five years after the launch, it's fun to make a splash again."





collection was classic Conrad: feminine, whimsical, hints of boho, a generous sprinkling of romance. There were real flowers, paper flowers, lace, scallops, ruffles and rose gold throughout. "I learnt early on that it's very important to trust your gut, because that is what is going to feel honest," she says. "I've always liked girlie things, simply put. That's what makes me happy."

Adored though Lauren's buttercream-and-peonies style may be, edgy it is not. "I just prefer a feminine twist," she explains. "I can't do a heavy boot or a Birkenstock. I can't even do boyfriend jeans. I tried to buy a pair recently. I was like, 'I'm just going to do it.

Everyone looks cool in these.' I was showing my husband, and he's like, 'It just looks like you're having a rough month and trying to hide it." Far from being offended, she agreed.

THEREIN LIES LAUREN'S **ENDURING APPEAL:** She just is who she is, even if that is as she's been called before a little basic. "I probably am pretty basic," she says, "but I'm also a pretty happy person, so that's OK with me."

Part of this happiness springs from said husband,

William Tell, who she met in 2013. "A mutual friend set us up," she recalls. "We were all going to a dinner on Valentine's Day and I told her she could bring him. I had no idea what I was going to get." What she got was The One. "I never felt like I was compromising with him in any part of my life," she says of how she knew. "Things were easy with him, in an everything-falling-into-place way. I spent the first year of our relationship waiting for the other shoe to drop, like it might not actually be this good."

IF THE FIRST YEAR OF MARRIAGE IS SUPPOSED TO BE ROCKY, LAUREN HASN'T NOTICED. "It's funny, everyone is like 'Is it different?' I feel like I'm disappointing them. The only difference is, there is a sense of family. You solidified the fact that you are partners in life." The other difference has less to do with them and everything to do with other people. "The second you get married, people think it's OK to ask you if you are pregnant!" she says. "It's kind of a rude question – I would never ask one of my friends if she was pregnant." To clarify, she is not: "I mean, we're still very new, and we're content."

When The Hills wrapped, Lauren swore off the medium that made her famous and is all the more stable for it. But others, not so much. Earlier this year, Lauren's former best frenemy and Hills co-star Heidi Montag proclaimed that she forgave Lauren "for trying to ruin my life". I ask her if she has any thoughts.

She says a definitive "no". After a contemplative minute, she adds, "I'm not involved in that anymore. I don't think it has anything to do with me. You just have to focus on the good in your life. Focusing on what you lose is only going to make you sad."

In other Hills news, her former (and reportedly fake) flame Brody Jenner now has his own sex- and dating-advice show. "My husband told me [about it]. I didn't know!" she says. "People say, 'How do you not know these things?' and I'm like –" she throws up her hands and shrugs. So she hasn't

seen the show, clearly, but does she think that Jenner will dole out good advice? "He has a lot of experience... so sure," she says, "depending on what kind of advice you want."

Lauren may have lost touch with Brody, but she sees some other cast members more regularly. She and Stephanie Pratt went hiking just the day before, and she hangs with Lo Bosworth, who was one of her bridesmaids, whenever she can. I ask if she ever goes back and watches the show - you know, for old time's sake. She laughs. "No! I lived it. I got it. I know." She's not bitter that it made her a household name. "When I did television, scandal was always around me. I think one of the best things [about that] for me is that your life becomes more big picture. You have to develop a thick skin quickly. It toughened me up."

WITH HER DAYS OF SHITTY FRIENDS AND SKETCHY GUYS BEHIND HER, SHE CAN RFI AX A BIT "I've worked

RELAX A BIT. "I've worked really hard throughout my twenties, so I'm hoping to slow down a little in my thirties. I think your twenties are about figuring out who you are and finding yourself. There is this really nice stability in your thirties, or at least that's what I'm hoping for."

She turns 30 in February, "which is weird", she says, but she's not one to obsess over the future. "I stopped playing that game, because I kept getting it wrong." For now, she's just trying to get through this move. She's going to take the second half of her sandwich to go, excited about unpacking a snack later. "My friend came over, and it was her first time seeing the house. She was like, 'Oh my God, you are an adult now!" Conrad says. "I was like, shh, don't tell."







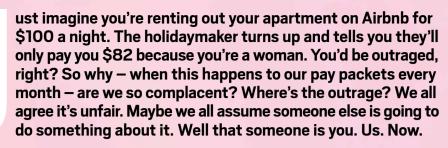
IS WHAT THE PAY





The gender pay gap is at 18% – which means for every \$100 he earns, you earn \$82. Let's all agree that this is monumentally unjust. But let's also agree to do something about it. Starting now

GAP REALLY LOOKS LIKE



Malcolm Turnbull recently became Australia's 29th Prime Minister. New government = new policies. The timing for a campaign about equal pay couldn't be better. It is time for us to take a stand and get our new PM to commit to closing the pay gap. Despite making up 46 per cent of the workforce and 60 per cent of university graduates, women still earn 18% less than men. Now ain't that just a whole lot of bullshit?

It means men are going to pay off their HECS debt 18 per cent faster than women. It means that straight out of uni, male graduates will be paid \$3,000 more. And it also means that in our lifetimes, we'll earn on average a mind-blowing \$700,000 less than men. Just because we were born with innie genitals.

The worst part is that the gender pay gap is getting worse! At the start of this year it hit a record high, and we're sick of just quietly accepting it.

"I really don't want my daughter to earn less than my sons, it's a simple message," says Tanya Plibersek, Deputy Leader of the Opposition and former Minister for the Status of Women. "Women are doing better than their mothers and grandmothers. We have more choice and more autonomy in our lives, but the fact that we still have this increasing pay gap shows that there is still inequality in our society."

We've decided to shake shit up, and we need your help! Cosmopolitan is petitioning the Australian government to make company-wide gender pay gaps for all individual organisations public. For the past two years, companies have reported their pay gaps to the government. That information isn't made public, though, and a lot of companies won't do anything to fix the gap without outside pressure. It's clear that change isn't going to happen until we all know where we stand.

SO, LADIES, IT'S TIME TO GET MAD.

Head to Change.org/Cosmo EqualPay to sign our petition, and spread the word. Bitch about the pay gap on FB. Join our celeb supporters and 'gram a pic of yourself saying HELL NO to the pay gap. Heck, put it in your Tinder profile!

Because nothing will change till we show Australia we're not going to accept 18 per cent less of anything.



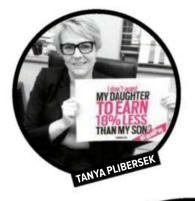
OCTOBER 27 IS THE DAY WOMEN EFFECTIVELY STOP GETTING PAID, WHILE MEN KEEP GETTING PAID UNTIL THE END OF THE YEAR

So we think it's about time we give you something back. Log on to Cosmopolitan.com.au on October 27 to get 18% off the following amazing brands: Reid Cycles, Fashion Bunker, SumoSalad, ModelCo, Saint Jerome, Crabtree & Evelyn, Guzman Y Gomez, Topdeck,

Le Tan and more

And the problem just gets worse as time goes on.

Based on a 2.5 per cent interest rate, it'll take women nearly four years longer than men to save up a \$100,000 deposit for a house. That's bad enough, but then just think of how much rent they'll save in those extra four years, and how much faster those guys will be able to pay off their house... That \$3,000 difference may not sound like a huge deal now, but that gap just gets bigger. Research shows that right now only 2 in 10 single women in Australia can afford to comfortably retire, while 5 out of 10 single men can afford to when the time comes.





Jennifer Lawrence gets paid what?!

Don't worry, it's not just us regular women getting ripped off... Celebrities cop it, too

Amy Adams and J-Law received only 7 per cent of the profits from American Hustle while their male co-stars received 9 per cent.





Pay gap excuses debunked

YOU'RE GOING TO HEAR A LOT OF THESE WHEN YOU START TALKING ABOUT HOW WOMEN GET PAID 18 PER CENT LESS THAN MEN. WE'VE GOT YOUR BACK

THEY SAY: Women aren't as good at negotiating as men, that's why they get paid less.

WE SAY: If you think it's fair to pay people based on their salary negotiating skills, then that's totally fine. But if you think that people should be paid based solely on their skills, expertise and value to the company, then this is a total BS excuse!

And it turns out women are actually great at negotiating, we've just been taught our whole lives that it's not ladylike. "When women negotiate like men they are viewed as too aggressive or pushy and they learn not to behave like that again," says Yolanda Beattie, the public affairs manager at the Workplace Gender Equality Agency (WGEA). Repeat after me: I'm not bossy, I'm a boss.

THEY SAY: Of course women are going to be paid less, they take years off to have babies.

WE SAY: Um, hell no! Studies show that most women end up having less than 12 months off when they have a baby, and that is not what affects their salary – it's when they come back to work that the pay gap begins to widen, because there are just far fewer opportunities for people who are seemingly unavailable 24/7. How about workplaces find a way to help support women with children so that they can come back and do a kickass job and continue to move up through the ranks?

THEY SAY: But I get paid more than my male colleagues, so things must be getting better?

WE SAY: You go girl, you're killing it. But unfortunately that doesn't mean there's not a problem with the way companies value women. Most companies don't intend to pay women 18 per cent less, but unconscious bias creeps in, and the way things are set up means that women are less likely to make it up to senior levels. That's why public reporting is so important, because it forces companies to admit there's a problem, and it gives them a chance to fix things.

THEY SAY: You're getting paid a decent wage, what's the big deal?

WE SAY: Because it's completely unfair and unethical! And it means that women have less economic freedom than men. "If you have economic independence, you have a whole lot more choices in life," says Tanya Plibersek. "You can choose good relationships and more importantly you can choose to leave bad relationships. Violence against women and economic security are related."

THEY SAY: More women work part-time, that's why the gender pay gap is so big.

WE SAY: Nope, sorry guys. The gender pay gap is worked out by comparing the full-time earnings of men and women, and doesn't take into account part-time work.

"The reality is that in our society we will pay more for the things we value more. The pay gap is just another indicator of gender inequality in Australia," says Julie McKay, the executive director of UN Women Australia.







Gender pay gaps have been a dirty little secret and sunlight is a fantastic disinfectant" - Louise McSorley







WHAT DO CEOS THIN



"At Unilever Australia & New Zealand, we're focused on building a diverse workplace with equal opportunities for women, including in our senior leadership teams. We want to

offer rewarding careers to all of our employees and believe that equal pay for men and women is just a basic starting point."

- Clive Stiff, CEO of Unilever Australia and New Zealand, one of the top three consumer goods companies in the world, with more than 400 health, wellbeing and food brands, including Dove, Rexona, TRESemmé, Streets, Lipton, Magnum, Sunsilk and Vaseline.



"Equal pay is critical for organisations because we all want to attract the best talent, and it seems so obvious to me that if we don't pay our men and women fairly, we'll lose

them. I think that every company should undertake a gender pay equity audit so they can find out if they do have an issue and where it is, so that they can take proper action."

 Deb Eckersley, human capital partner at PricewaterhouseCoopers, one of Australia's top professional services firm, which helps other businesses find ways to work more efficiently (including helping them close their gender pay gap).



"A country's national competitiveness is largely defined by its workforce so it makes no sense, especially for a country with Australia's small population, to limit or constrain

the contribution of over 50% of its people. I call on all business leaders to commit to eliminating gender bias - it's just good business."

- Pip Marlow, managing director at Microsoft, Australia's largest software company.



"Addressing pay equity underpins our diversity success, and understanding and addressing unconscious bias is a critical component. You need to audit the relevant

data to know where the issues are and take action." - Wayne Spanner, managing partner of Norton Rose Fulbright Australia, one of the world's biggest law firms, with offices in London, New York, Sydney, Brisbane, Melbourne and Perth.

OK, I'M OVER **AID 18%** MEN, BUT What can

ASK YOUR BOSS

We're not saying charge in and demand more \$\$, but do ask your boss what your company's stance on pay equality is to open up a line of communication.

SIGN OUR PETITION

over at Change.org/ CosmoEqualPay to let the government know you want businesses to publicly report their gender pay gap.

SPREAD THE WORD

on Instagram, Facebook, Twitter, or even preach it on the streets, using the hashtag #EqualPay.

GO TO SITES LIKE PAYSCALE.COM

to find out what you should really be getting paid for the job you're doing - and don't be afraid to ask for it.

DONATE TO UN WOMEN AUSTRALIA

to help fund their work empowering women and fighting the good fight for gender equality.



In November 2005, Lauren Huxley was assaulted in her home and left for dead. Miraculously, she survived. Ten years on, she chats to Cosmo's Lauren Sams about how everything is coming up roses

en years ago, Australia heard the name Lauren Huxley for the first time... On November 9, 2005, the then-18-yearold was brutally assaulted in her own home, by a stranger named Robert Black Farmer. Farmer attacked her with a set of fibro cutters - basically two iron poles. She was doused with petrol, which would leave her with chemical burns, and the house her parents had lived in for 25 years was set alight. Left for dead, with 60 fractures to her skull, Lauren was given less than a five per cent chance of survival when police officers arrived. Experts at the scene said that her injuries were consistent with car crash victims who had not worn seat belts and were ejected through the windscreen. Before a second, life-saving surgery, her heartbroken parents hastily arranged for her to be baptised. She spent 30 days in intensive care and it was 50 days after the attack before she could swallow food again. The NSW Police Commissioner at the time, Ken Moroney, called it "the worst attack I have seen in my 40 years as a police officer."

I was 18 in 2005, as well. My name is also Lauren. And I lived about 20 minutes away from Lauren Huxley, in a quiet and nondescript suburb just like hers. Lauren was in her first year of TAFE, I was in my first year of uni. I too spent a lot of time at home while my parents were at work.

Whenever a horrible crime is committed especially in Australia, where, thankfully, we do not experience the same level of horrible crimes as, say, the US - there's a tendency to put ourselves in the victim's position and breathe a silent, "That could have been me." When Lauren Huxley was all but murdered in her own home, that feeling was never more palpable for me. It could have been me. My friends felt the same way, as Lauren's slow recovery continued to dominate headlines months after the attack. It could have been any of us.

Ten years on, Lauren has not only survived - she's moving forward in a way that is difficult to comprehend when all you know about her are the headlines. When Lauren's case was in the news, "Cold and calculating" attacker gets 24 years she was described as "sweet", "gentle" and even "shy". All that is still true. But sweet and tough are not mutually exclusive, and certainly not in Lauren's case. After having to re-learn literally

DOCTORS SAIDI **WOULDN'T** LIVE AND I HAVE. THEN THEY SAID I **WOULDN'T WALK OR** TALK OR FEED MYSELF. THEY SAID I WOULDN'T **BE ABLE TO DRIVE AGAIN**





every skill - eating, walking, talking, writing and admitting that "some of the beauty" has been taken from her world, Lauren now has a new job, a boyfriend and a new role as aunty to her niece, Scarlett. In short, she is still one of us – just much, much stronger. I sat down with Lauren 10 years after the brutal assault that almost took her life to talk about, well, life.

Cosmo: It's been a decade since you were attacked. How does that feel?

Lauren: It's gone really, really fast. I've had to do a lot in those 10 years. I had ongoing operations for five years after it. My last one was actually in December, 2010.

Five years is such a long time to be in recovery for. Do you feel a special connection to those doctors and nurses who helped you pull through?

Not so much, no. I mean, I am so thankful for everything the doctors were able to do for me. But I don't really want to dwell on that, I need to move on and focus on the rest of my life. The police officer who found me, Danny Eid, still sends me a message every Christmas, and that's nice. But that's about it.

When did you first start to feel like you were getting your life back?

Probably when Simone [my sister] and I went overseas. I was 21, it was three years afterwards. My family were on that old show, Renovation Rescue, where they come and fix up your house. They came to renovate the house and at the end announced they would pay for our flights. It was pretty cool.

Were your parents worried about you going away?

They understood I needed to go. My friends were travelling – I needed to have the chance, too.

Hefty jail term eases Huxley's pain

And how about work? You were studying marketing at TAFE, right?

Yeah. I started working part-time at a travel agent, and then in 2010 I started working at a finance company.

So much of your life was put on hold, for a long time. How hard is it for you to put the past in the past, and move on from that?

I'd be lying if I said I didn't have bad days, but... I'm a positive person. I truly don't dwell on the past. I always remember that there's someone who has it worse than me. I mean, I have my limbs, my eyesight, I can walk and talk and eat. I can do so much stuff that the doctors told my parents I'd never be able to do.

I've read that you've said that one of life's greatest pleasures is doing something people tell you is impossible. Do you stand behind that?

Yeah, absolutely! Doctors said I wouldn't live and I have. Then they said I wouldn't walk or talk or be able to feed myself. They said I wouldn't be able to drive again. That was one of the hardest things. I was back to being an L-plater. Luckily I got in just before they made you do 120 hours of driving, not 80! I had about 30 instructors, I think. Everyone was determined to help me. But it was about independence. I needed it.

And obviously you're not just walking - you go to the gym a lot, right?

I'm a bootcamp fan. I've always loved exercise - I was so happy to get back into it.



I ALWAYS REMEMBER THERE'S **SOMEONE** WHO HAS IT **WORSE** THAN ME ... I CAN WALK AND TALK **AND EAT**



Your sister, who was 21 when the attack occurred, is your best friend. Has your relationship changed?

Yeah. Simone and I have always been really close. When you look at family photos, it's always me and Sim. We're still really close. Sim is a mum now \(\tag{to} \) Scarlett, 27 and so I'm an aunty. And that has made our relationship stronger. I love being an aunty, and I feel so lucky that we all live close enough that we see each other so often.

And what about your parents? Have they been able to move on as well as you have?

I know this sounds a bit selfish, but I've really just been focusing on myself, and sorting out what I'm going to do in my life. I think that's helped me to carry on. I haven't really had the headspace to think about how other people have coped.

One thing that struck me about your case was that your attacker, Robert Black Farmer, was out on parole. We've had cases recently, like Jill Meagher's murder and the Sydney Siege, where the criminals were out on parole when they committed attacks. How does it feel to know the system has let down someone else?

It makes me really angry. I just think, when is it going to stop? And really, compared with other crimes, I had a lucky outcome. It's awful to think of women like Jill Meagher who weren't as lucky.

How do you feel with the anniversary coming up?

Well, I do wonder when the attention will end. I'm not someone who likes being in the spotlight, and I didn't ask for any of this. But I understand that people want to know what happened and that's OK. A journalist wrote a book about the case a few years ago and I haven't read it. I read a page or two but it was too hard – I didn't want to go back there. My sister says the attention will probably go away after I've got married and had a baby.

Is that something you want?

Yeah, definitely. I'm dating someone now. He's sweet, we've been on a few holidays together.

Do you think you'll celebrate 10 years of survival?

I think so. It's almost harder for me because I don't remember much of it. But it's a celebration for all of us: Mum and Dad, Sim, my friends, everyone who was there when it happened, and who has helped me get to this point. Because I'm OK.

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Check out our new pads!

They give you worry-free protection because they're made with FreeFit® technology, which contours to fit your body.

For a free sample head to becarefree.com.au

Be Real. Be Carefree.



THINGS A GIRL SHOULD HAVE

BY THE TIME SHE'S 30

Ladies, it's time to start adulting. How many can you tick off?



1. A PROPER MATTRESS

As in, not one you picked up from someone else's house or at a store with a supermarket-like checkout. You're probably going to have to get down on more mattresses than Leo DiCaprio to find the right one, but it's worth it. And get some good pillows while you're at it. Brands like Tempur and Tontine are solid choices. Oh, and 1000 thread-count sheets. Less than a K, say no way.

2. AN ORIGINAL PIECE OF ART

If you're running out of time, just ask for one for your 30th. Then watch for the glimmer of pride in your parents' eyes as they realise you've finally stopped requesting things like festival tickets and boots with the fur.

3. A DECENT BAG

A Chanel quilted number may still be out of reach, but do be sure to chuck a good bit of coin at a quality handbag — brands like See by Chloé, Marc by Marc Jacobs and more local labels like Benah and Deadly Ponies are all up there on the quality meter. Treat the dust bag like her sleeping bag and she'll last you longer than you ever thought possible.

4. AN INVESTMENT

Most likely a house. Whether you live in it or not, it's a big investment in your future. Of course, for others it might be a business or shares but the maintenance of your biggest asset should now be taking up brain space where tequila shots and glitter eyeshadow used to live.

5. SUITABLE INSURANCE

You're no doubt already aware that if you don't have private health insurance by the time you're 30, you incur that hefty Medicare levy at tax time. Depending on your situation, you should also have sorted out reasonably comprehensive car, house and contents, and income insurance. Oh, and travel insurance for any time you skip the country.

6. THE FOLLOWING SHOE WARDROBE...

One pair of boots, one pair of heels, one pair of flats, one pair of sandals and one pair of white trainers. All leather, and all kept in their original boxes. You can have 87 pairs of foot wrappers if you'd like, but just make sure these puppies are among the 87 pairs. And voilà, your shoe-drobe is sorted.

7. A FULL SET OF SCREWDRIVERS

Because you need to be able to fix shiz yourself and you need the means with which to do it. We're all strong, independent women here.



8. AN EMERGENCY FUND

MATTER OF TIME BEFORE YOU'RE GOING TO NEED MONEY FOR A ROOT CANAL. TOTALLED CAR OR - GULP -UNEXPECTED LEGAL FEES. THESE THINGS ARE ALL AROUND 489 TIMES SCARIER WHEN YOU DON'T HAVE THE MONEY TO PAY FOR THEM. IT'S ALSO 348 TIMES MORE **HUMILIATING TO** HAVE TO ASK YOUR PARENTS FOR IT.

9. A PROPER WORKOUT REGIME

Whether it's a fancy gym membership, regular yoga classes or a bike you ride to and from the markets on the weekend, by now you should know what kind of exercise you enjoy and can realistically fit into your schedule. No, shopping does not count and yes, sex totally does.

10. DECENT POTS AND PANS... and plates. And wine glasses.

11. A PASSPORT

Travel is the only thing you can buy that makes you richer. And the best time to do it is either before you have kids or after they move out! Which makes your twenties prime travel time. All the enthusiasm, with none of the arthritis.

12. A SERIOUSLY JUICY STORY

Because you want to get the really crazy stuff done in your twenties while you still can. This will become the story you tell over after-dinner port well into your forties, fifties and beyond.

13. AN EX YOU WOULD ACTUALLY RECOMMEND TO SOMEONE ELSE

We've all got a douche canoe or two in our past, but by now you've hopefully also had that one boyfriend who – while it didn't work out for you – was a decent guy.

14. A FAVOURITE DRINK

Old-fashioned, gin and tonic, espresso martini or even a velvety smooth pinot noir – have a beverage that you order just because you like it. Not because it's the flavour of the month, not because it's on special and not 'cos your friends love it.



15. A FINANCIAL ADVISOR

IT SOUNDS GROWN-UP 'COS, WELL, IT IS. IT'S ALSO VERY USEFUL AND NOWHERE NEAR AS EXPENSIVE AS YOU THINK. HAVE A GANDER AT ONYOUROWNTWOFEET.COM.AU AND WOMENINTHEBLACK.COM.AU.



SYSTEM

This does not include a shoe box under your bed. It does include an excel spreadsheet and probably an accountant.

18. A LINKEDIN PROFILE

Even if you're still studying or working part-time at a bar, you want to keep your online presence as shiny as possible. LinkedIn isn't iust an online résumé, it's a career and a networking wish list waiting to happen. Don't be afraid to add people you'd love to end up working with one day.

19. A KNOWLEDGE THAT YOU CAN'T CHANGE THE LENGTH OF YOUR LEGS, WIDTH OF YOUR HIPS OR THE SHAPE OF YOUR FEET

Hence you have long stopped complaining about such minor things and are by proxy a much more pleasant person to be around.

20. A SAVINGS ACCOUNT

Not to be confused with #8, your emergency fund. This is for holidays and general happiness induction. In fact, when you go to name it, call it "The H Fund" as a reminder - and don't feel guilty about dipping into it every so often.



21. A FRIEND WHO MAKES YOU LAUGH SO MUCH **SOMETIMES A LITTLE BIT** OF PEE COMES OUT

Because that friend will be a riot in the nursing home.

22. A BUSINESS CARD

Even if you're a slashie, a student, or your company's stationery budget simply doesn't stretch far enough to get you one, it's worth whipping one up. Online printing juggernauts like Zazzle or Vistaprint have ready-made templates that you can plug your details into and have delivered straight to your door. You'll be amazed how often they come in handy.

23. A PIECE OF **FURNITURE THAT DOESN'T NEED AN ALLEN KEY TO PUT TOGETHER**

An amazing armchair, a vintage sideboard - something that you're proud to show off when people come over (and won't break if you bump it).

24. A DOCTOR

Not a place where you see a different doctor every time in some kind of medical merrygo-round – we mean a doc who knows your name. And who might one day know your children's names.

25. A SEX TOY

One that you're really quite fond of. Seriously. We really hope you have one of these in your life by now.

26. A LAPTOP

No, your phone isn't a tiny computer. You need a real one, with a keyboard.



27, DECENT

ANYTHING THAT FEATURES HOLES OR DISNEY CHARACTERS AND REPLACE WITH ANYTHING FABRICATED FROM HIGH-QUALITY COTTON OR LACE. ALSO, BY NOW YOU SHOULD PROBABLY HAVE A T-SHIRT BRA. STRAPLESS BRA. PLUNGE BRA AND SEXY-TIMES BRA.

28. A WILL

We're not talking about the will to refrain from eating three Krispy Kremes in a row – we mean a legal will. You may think because you don't have a sprawling estate you don't need one. But by now your financial folio will likely include such fun things as HECS debt (ugh) and super accounts and these are up to you to handle yourself, #bosslady style.

29. AN OPINION ON WHO YOU WANT TO VOTE FOR

Going to an election booth only because you have to and randomly ticking boxes just doesn't cut it. You should have a grasp of what the major parties stand for and which one floats your boat.

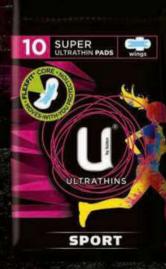
30. THE FOLLOWING WARDROBE ITEMS...

Let's go top down, shall we. A classic trench. a crisp white shirt, an LBD, a good watch and a pair of well-fitting jeans. Wear all at once to be mistaken for Audrey Hepburn. Or Kate Middleton. Or possibly Kate Upton... at least when she's at the airport.



SPORTSWEAR FOR DOWN THERE







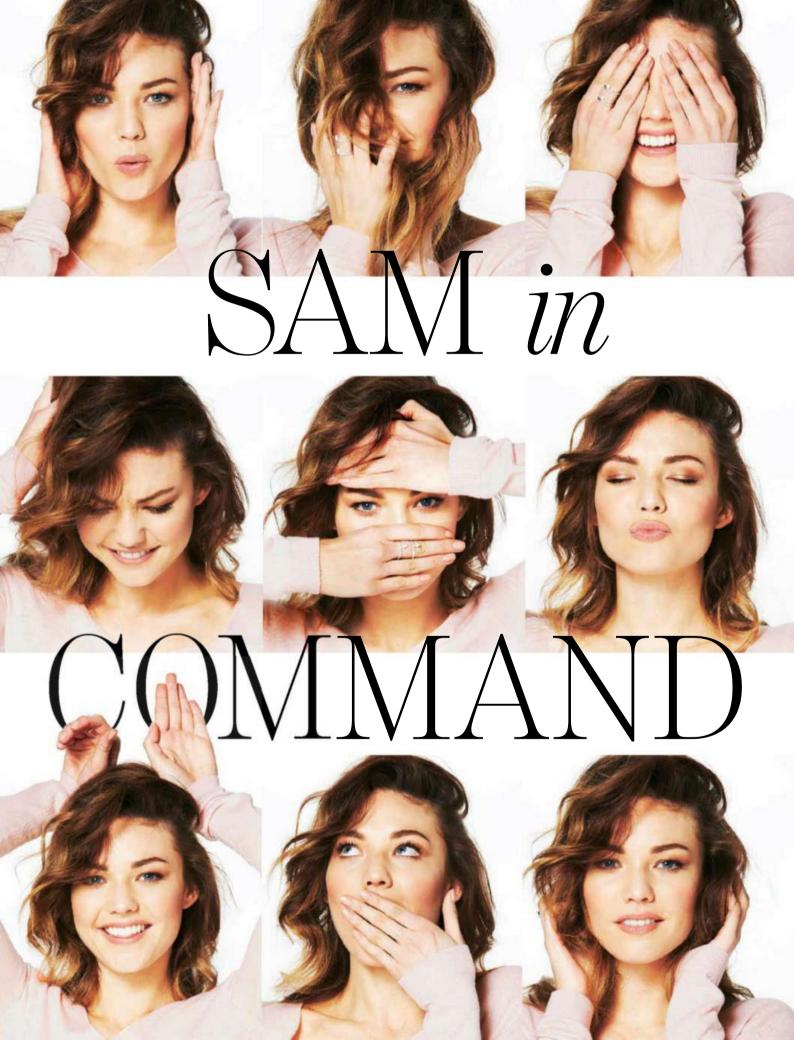
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No question —
Australia's first
bachelorette
knows what she
wants. Here, Sam
Frost reveals to
Cosmo the type
of guy she'd
settle down for
and whether or
not she believes
in "the spark"

I HAD NO IDEA THE BACHELORETTE WAS ON THE CARDS... Until Channel

Ten approached me a few months after the last season. At the time, I turned it down. In fact, I turned it down a few times. *The Bachelor* had a pretty heavy impact on my life, so it took a bit of soul searching before I finally agreed to sign up for round two! Thankfully, I had my family's full support.

I LEARNT A LOT FROM MY EXPERIENCE WITH BLAKE...

I am so sure of who I am now and what I expect in a relationship. I'm a pretty easygoing type of person, and I'm like that when I'm in a relationship too, so I certainly don't want to be with someone who will take advantage of that. When you are in that kind of situation, though, it's not as simple. You make yourself believe in something that actually just wouldn't work in real life. I've got a slightly-leftof-centre personality, and with Blake, it occurred to

me that maybe I should be with someone like him – someone who's a bit sensible and even a bit boring. I came out of that experience a lot wiser, and now know I want a guy who knows exactly who they are.

IT'S NICE THE BOYS ARE Chasing after us for a

CHANGE... It's no longer the men who hold the power with *The Bachelorette* – I would be lying if I didn't say that makes a nice change! We have the power and can be the confident, strong, sexy women we've always been!

THE SPARK IS TOTALLY A

THING... You can certainly have instant chemistry with someone, but it's important you go a little deeper to make sure that they have multiple layers to their personality, and it's not just that you want to jump them. Obviously, though, attraction is very important, too!

I'M LOOKING FOR SOMEONE WHO IS FIERCELY LOYAL...

Being unfaithful is definitely my deal-breaker. If I know someone's been unfaithful in the past, it just won't work for me.

TO ME, CHEATING IS....

Anything that you wouldn't tell your partner. And that includes any inappropriate messages. Sure, technically you haven't done anything physical, but in my opinion that still counts as being unfaithful. I wouldn't be OK knowing that my partner was hiding text messages from me.





MMMORE! Come behind the scenes on our shoot with Sam Frost.







"Working with my best friend makes everything fun!"

SUHANA LYE, THE FADERS, SINGER



"To me, being fun and fearless is all about diving into the unknown with positive vibes, a sense of adventure, good grace and a lot of enthusiasm." EMMA FREEDMAN



"Fun is being passionate about what you do.

"Fun is being passionate about what you do.

Being fearless is forging your own path beyond

what society tells you is possible." 70 COSMOPOLITAN.com.au TO SUBSCRIBE CALL 136 116



"Seeing all these amazing Australian women makes me so proud to be part of the sisterhood." MICHELLE CROSSAN, SOCIAL MEDIA STAR







"My mum is a powerhouse on all fronts and I want to be just like her when I grow up!" MONTY DIMOND





victim compensation Syl Freedman, co-founder of EndoActive Australia & NZ, raising people's awareness of endometriosis Stephanie Lorenzo, founder/CEO of Project Futures, fighting to end human trafficking and slavery Kelly McJannett, co-founder/director of

Food Ladder International, driving social change to end world hunger Juliette Wright,

CEO of GIVIT, connecting people in need with people who are willing to give

Margaret Zhang, Shine By Three Jasmine Meakin, Mega Jam Shae-Lee Shackleford, Lana Kington and Madison Lloyd, SketchShe Michelle Crossan. Beauty.Life.Michelle

SPORTSWOMAN OF THE YEAR

Kyah Simon, Soccer Jessica Fox, Canoe/kayak slalom **Emilee Cherry,** Rugby Sevens Caitlin Bassett, Netball Ellie Cole. Paralympic swimmer

(Milly Gattegno and Suhana Lye) Samantha Jade **Delta Goodrem**

GIRL BOSS OF THE YEAR

Jane Lu, Showpo, online clothing store Melanie Perkins, Canva, graphic design software Gen George, OneShift, platform to match people with jobs Jess Hatzis, Bree Johnson and Erika Geraerts, Frank Body, scrubs and skincare Nicole Kersh, former founder of 4Cabling, founder of The Content Folk

Jennifer Hawkins, Australia's Next Top Model Sylvia Jeffreys, Today Dannii Minogue, The X Factor Chrissie Swan, Network Ten

RADIO PRESENTER OF THE YEAR

Monty Dimond & Zoe Marshall, 3PM Pick-Up, KIIS Network Jackie O, Kyle & Jackie O, KIIS Network Maz Compton, Dan & Maz, Southern Cross Austereo Emma Freedman, The Scoopla Show, Southern

Cross Austereo

Alice McCall. Alice McCall Alison Cotton, First Base **Becky Cooper and Bridget** Yorston, Bec & Bridge Samantha Wills. Samantha Wills Alicia, Imogen and Skye Meller, Senso

ACTRESS OF THE YEAR

Ruby Rose, Orange Is the New Black Pia Miller, Home and Away Anna Bamford, Wonderland Bonnie Sveen, Home and Away Miranda Tapsell, Love Child

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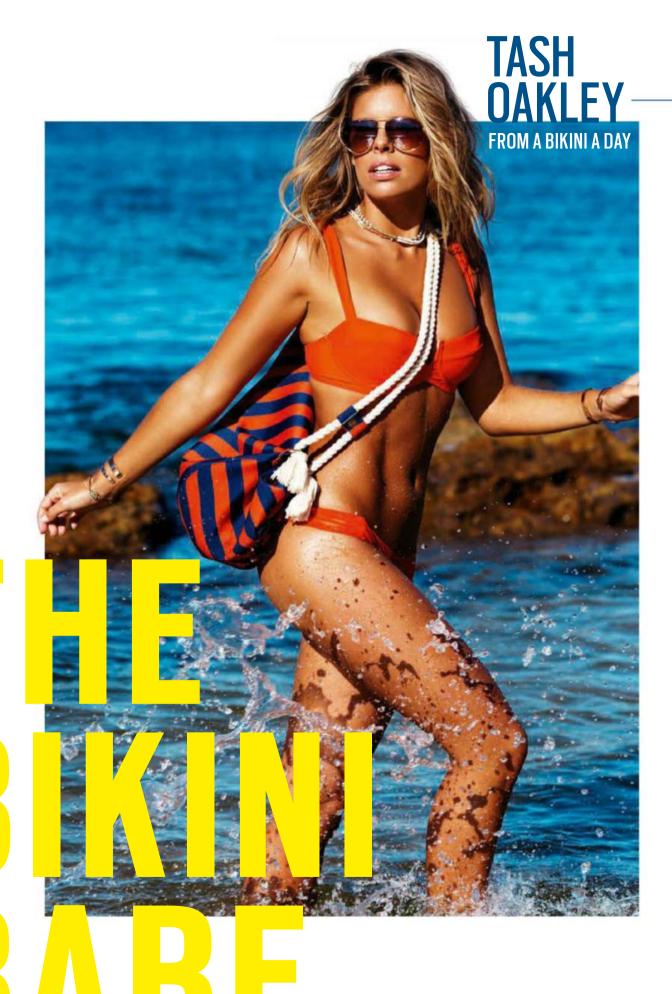














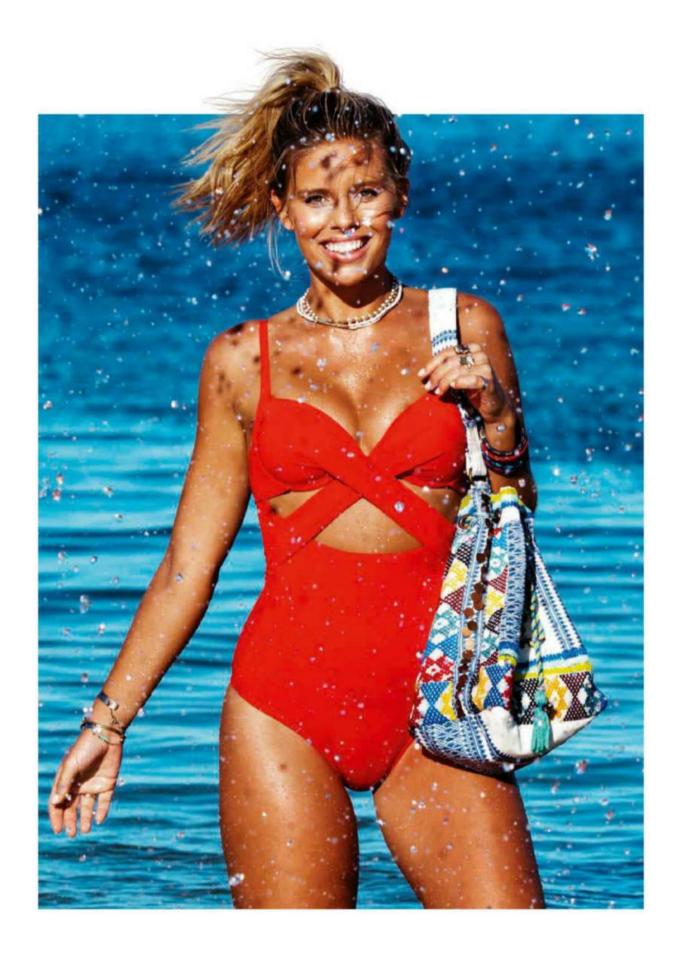


















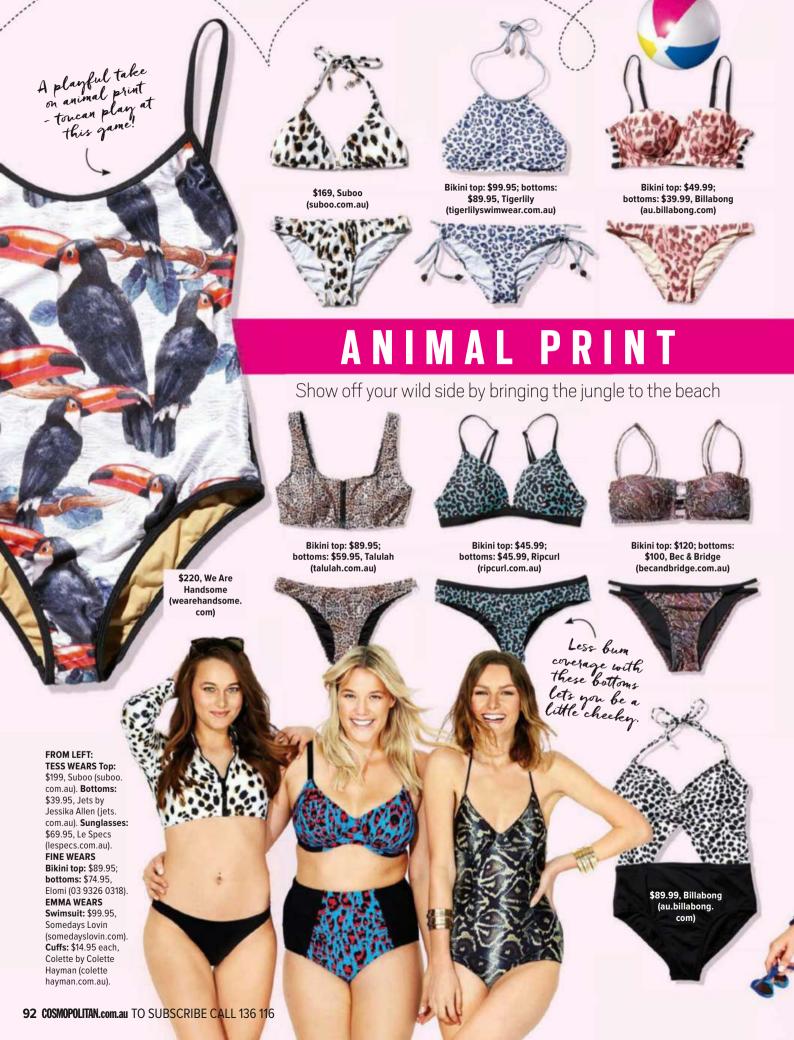


















Beachy bits and pieces



It's the little things that take a beach day from pretty damn good to OMG great







Doutzen



















FACE

Heavy foundations will make you feel sweaty and gross. Try a CC cream. Most come with SPF, but if you're going to be in the sun, layer on a sunscreen first. For more coverage on your nose and T-zone, pat on a lightweight foundation, then sweep some bronzer around your hairline and under your cheekbones.

4. W7 Bronzing Pearls from Chemist Warehouse, \$4.99. 5. W7 Sheer Colour Foundation from Chemist Warehouse, \$4.99. 6. Palmer's Cocoa Butter Formula Color Correcting CC Cream SPF 15, \$12,99

EYES

Take your makeup inspo from the sea with washes of blue tones for a pretty day-to-night look. Dab primer over your lids to help keep your eyeshadow in place – concealer works just as well - and finish with a few coats of waterproof mascara. Because you don't want to look like you've been blubbing.

7. W7 Silky Smooth Quad Eye Shadow in Shades of Blue from Chemist Warehouse, \$4.99



Impulse Romantic . Spark, \$4.95

PERFUME:

HEAT CAN SPOIL SCENTS. AVOID TAKING EXXY EDPS TO THE BEACH AND THROW A BODY **SPRAY IN YOUR BAG FOR A QUICK** FRESHEN-UP.

A power pout is a winning beach look. Avoid anything dressy (this isn't the races) and glossy (sand + wind + gloss = FML). Go for a watermelon or orchid lipstick, pressing it into your lips with your finger for a stain-like effect so it lasts even when you're munching on a Golden Gaytime. Yum!

8. W7 Full Colour Lipstick in Angry Annie from Chemist Warehouse, \$4.99 each





Not only does it give super curl but it lasts! So you can party all night without losing any impact.

KIRSTIN PIGGOTT

Rimmel London's Global Makeup Artist

You've tried lash curlers but let's face it - they are difficult to use and can plug, tear and pull your lashes... You've tried curling mascaras but they don't hold the curl.

Discover the secret to push-up volume and curl holding power that won't let you down. Rimmel London's new 24HR Supercurler Mascara has been formulated with a curling polymer that not only curls your lashes but locks the curl in place for up to 24 hours.



MASCARA MASTERCLASS

Follow our expert tips so you can experience the revolutionary curling power.

Curl Power

Unique formula with super curling polymer, gives a lasting 'perm' effect. Lashes are visibly curved, volumised and held for up to **24 hours,** all without heating a lash curler! Enjoy lashes that are instantly curled and pushed up to a phenomenal **90 degrees.** Zero clumps, no smudging and flaking!



Brush

24HR Supercurler's eye shaped brush perfectly fits the contours of the lash line to deliver an easy, mistake-proof application every time. The brush lifts lashes from the roots and extends them up for phenomenal curls.



BEFORE



AFTER

Super curling polymer

Rimmel's super curling polymer is made up of molecules strung together to deliver instant and over time curling power. The flexible polymer sets on the lashes very quickly creating a lifting action while it dries, locking lashes into a perfect curl all day. Use the mascara alone or as a top coat.











PRODUCT PRESCRIPTION

"You should use shampoo and conditioner for fine hair so as not to weigh it down," says Aleks Abadia, Esstudio Galleria salon director and founder. "When it comes to styling and holding, try to use volumising products and light sprays. One of the best for fine hair is powder dust. Simply apply it on the roots to add volume and a three-day grit." Be warned, though, there are a few textures you need to steer clear of. "Heavy conditioners are no good for your hair; moisturising shampoos and conditioners will always have a heavier result on fine hair. Cream or oil-based products must be applied light-handedly and rinsed out well, as leaving any residue behind will cause limp hair."

CUT CORRECTION

"When your hair is fine you should try to make the best of what you have," says Abadia. "Nice sharp lines create a thicker base line. To create texture and movement, cut some layers to add volume. Just be careful not to add too many layers, though, as this will make the ends appear fine." Also keep in mind that if you go for a fringe, you're leaving less strands to account for the bulk of your hair.

STYLE RIGHT

"Add some volumising products, then flip your hair upside down and blow dry," says Abadia. This lets gravity do the work and gives you long-lasting volume, so hair appears thicker. Now with a brush, smooth the ends. "You can also add some texture with a hot wand

to create a nice, loose style." People with finer hair are much more susceptible to burnt strands. "When using heat tools, your hair must be 100 per cent dry or you will be doing yourself some serious damage," says Abadia.

NEVER, EVER...

Overload your hair with products; it's the fastest way to Limp Town. Oh and "tying your hair up with rubber bands is very bad, too!" adds Abadia. 🗪

Top to bottom: head & shoulders Thick & Strong Shampoo, \$12.49 **Batiste Dry Styling XXL** Plumping Powder, \$9.95 S Factor by Tigi Body Booster

Plumping Spray, \$34.65







cosmo hair rescue

HELP, MY HAIR

IS... Contact the second seco

Left to right:

Avon Advance
Techniques
Supreme Oils
Duo Treatment
Spray, \$9.99.

RPR My Vitaliser
Treatment, \$20.95.

Kevin.Murphy
Motion.Lotion.

\$34.95

PRODUCT PRESCRIPTION

"You need to use products that are quite hydrating, yet soft," explains hair stylist Kevin Murphy. "Nothing too sticky, as you need your thick hair to fully absorb the product and not have it sit on the outside, which will only add more thickness." Creams, lotions and oils are way better than gels and waxes for you. "Waxes that just sit on the outside layer are best to be avoided, as well as gels that leave a shell-like finish on the outside." Leave-in conditioners are great at taming unruly hair.

CUT CORRECTION

"Thick hair can look good worn long, with long layers for a cool, '70s-inspired shag," says Murphy. "Or cut it short in a strong, definite shape. Usually with really thick hair you need to wear it either long or short – it doesn't work so well as an in-between length." With that in mind, avoid a bob that's all one length as this can tend to sit quite triangular and isn't the most flattering. "Don't let your hairdresser thin your hair out too much – get a cut that works with the texture and make sure you have it layered in all the right places."

STYLE RIGHT

Thankfully, you have loads and loads of options with thick hair. "You can wear it out, embracing the natural texture (think soft beach waves) or do great braids and twists to create interesting updos," says Murphy. Girls with fine hair only dream of rocking braids, so count yourself lucky!

NEVER, EVER...

Rely on bobby pins. Sadly, they just aren't your friend. "People with super-thick hair tend to use too many and they bounce right out or float on the top!" says Murphy.



PRODUCT PRESCRIPTION

"A combination of two products is essential, the first being your leave-in conditioning product to hydrate and moisturise. The second is your curl activator, which will tame the frizz and control the curls," says Nicole Kae, Toni&Guy artistic director and label.m educator.

CUT CORRECTION

If you want a low-maintenance style, keep it long. "The weight of long hair helps tame the volume, so curls sit softer and looser," says Kae. If you want more of a style, go for a lob (long bob). Steer clear of anything too uniform, as these styles can make you look like a ball.

STYLE RIGHT

"Twist every section of your hair in tight spirals with curl cream in your hands when it's wet. You should look like you have noodles on your head. Diffuse-dry to 80 per cent and tousle. The twisting helps accentuate each curl!" says Kae.

well with curls.





HELP, MY HAIR IS...

For dull, frizzy hair that needs added shine, you can use a leave-in shine serum to take away frizz and add a healthy shine." It's best to avoid products that make your hair go crunchy, like gels, because when they set they can make your hair look stringy. Go for nourishing formulas that add the right amount of weight to tame frizz and keep your hair looking healthy.

CUT CORRECTION

"If your hair is really fluffy and frizzy, it's best to not have too many layers as your hair can end up quite boofy," says Scandizzo. "If you like your hair longer but have a more frizzy texture, leave layers longer so you get some movement without the boof." If you prefer your hair shorter and have a frizzy texture, try a pixie cut." When your hair is short in a style like this it's easier to control frizz, and you can just apply the right product and make the most of your texture."

STYLE RIGHT

You need to go for a style you can handle doing yourself. "If you have blowdry skills, you can wear your hair longer and smooth it out, or apply a sea salt spray and wear it with texture to create a beach hair vibe," says Scandizzo. Make sure you always dry your hair 100 per cent; don't half dry it as this creates more frizz. Always use a nozzle on your dryer and direct the heat downwards to smooth down your hair, then use a flat iron to smooth out flyaways.

Left to right: label.m Curl Cream, \$39.95. Joico Curl Refreshed Reanimating Mist, \$29.95. Aveda Smooth Infusion Naturally Straight Styling Creme, \$44

frizz cream to tame flyaways. If your hair is

thick and coarse, you can apply this to damp

hair and let it dry naturally, or blow dry in.





PRODUCT PRESCRIPTION

"Dry shampoo is great to use on oily hair," says Anthony Nader, celeb stylist and owner of RAW salon. Luckily, it now comes in any colour to match your existing hue, so no more dusty white roots. "It will zap up all oily roots and provide volume where needed." There are a few no-nos when it comes to products for oily scalps. "Avoid anything that contains sodium lauryl sulphate, as this can really damage the hair and dry it over time. Also avoid products that have any natural oils added to them — they will only add to the problem," says Nader.

CUT CORRECTION

If you are prone to oily hair, avoid extra-long hair as it will only look limp and greasy. "With this being said, don't go too short or have it spikey or too pixie as this will show up oil at the roots and will be harder to disguise," says Nader. "Go for a haircut with layers, as the air can glide through the hair easier. When the hair is heavier and one length, it can tend to weigh the hair down, thus getting oiler faster."

STYLE RIGHT

Cool your jets. No, literally. "Starting in the shower, turn down the temperature as hot water will over-activate the sebaceous glands, which just promote more oil," says Nader. Also, choose the cool setting on your hairdryer, or even just air dry, as you don't need excess heat on the roots — it will make you even oilier. "If you're fighting the natural abundance of oil on the second day, opt for a really sleek, modern ponytail instead of trying to go for a fresh look." Braiding your hair is another option to explore and experiment with, as it hides multiple problems — oily hair being one. It also looks super-cool. Keep braids on the tighter side, and work with the oil by going for the slick wet-look vibe. If you're on second- or third-day hair, just smooth some serum into hair before braiding it to keep it looking shiny and awesome.

Top to bottom: Toni&Guy Casual Sculpting Powder, \$15.99.
Batiste Sweet & Seductive. Dry Shampoo, \$9.95. Marc
Anthony Repairing Macadamia Oil Sulphate Free Shampoo
and Conditioner, \$16.99 each







Moisturise! "Get a good moisturising shampoo and conditioner and a really good moisture treatment," says Jon Sewell, creative hair colourist and stylist "Also, you should absolutely be using heat protection when blow drying or heat styling hair! This is paramount in protecting your already dry strands." Try to avoid products with too much alcohol in them, as it is dehydrating on the hair. "When colouring, try not to lighten too much as it weakens the hair's structure — use conditioning semis and glosses," says Sewell.

CUT CORRECTION

"Try to keep your hair in a shorter style, as the longer your hair is the dryer the ends will be," says Sewell. Getting regular trims every four to six weeks is also super-important, as dry ends are more susceptible to split ends, and the longer you leave split ends, the shorter they need to be cut. "Try to avoid cuts

"When styling your hair, use your moisturising products in combination with heat protection whenever it's possible," says Sewell. And when you can, avoid too much heat in general. Try letting hair air dry, then run over the top layers only with a hot iron so it looks nice and groomed. Use some smoothing products to fight any frizz from the dryness.

NEVER, EVER...

Don't forget to be careful when you're spending time outdoors. "Swimming in chlorinated pools, and too much sun, will dry out your hair," explains Sewell. And not just that, but the chemicals in chlorine can turn parched blonde hair ever-so-slightly green. Eeek. Look out for a UV protecting spray and wear a hat or headscarf when outside, too.

DRY SCALP, TOO?

"It's common to experience a dry scalp and hair if you're overusing hot styling tools or washing your hair with a shampoo or conditioner that might not be right for your hair type," explains dermatologist Dr Ilyse Lefkowicz. "A dry and itchy scalp often leads to dandruff or flakes, so to combat this I always recommend using an anti-dandruff shampoo and conditioner. Thankfully there are good quality anti-dandruff products like head & shoulders out there that can help to address hair that's feeling dry and damaged as well."

HELP, MY HAIR

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Dermatologist Recommended



Nothing corny about a good old-fashioned handjob. LONG LIVE HAND JOB! We know what you're thinking: Oh, I left that business back in high school. Well, Tracy Clark-Flory didn't — and there's a good reason you shouldn't either •

I KNOW, I KNOW.

HANDIES SEEM THE DOMAIN OF TEENAGE VIRGINITY PLEDGES AND RESENTFUL AGEING HOUSEWIVES.

It's something akin to either "this doesn't count" or "Honey, I have a headache." Maybe you think of it as that thing you do when you forgot to take your birth control and don't feel like giving a BJ. Worse, perhaps you just write it off as passé. I recently brought up handjobs to a friend, and her response was, "People still do that?" Yes, they still do that! I still do it ... and you know what? My marriage and my sex life are way better for it. Believe me: I wasn't always down with the HJ.

In my early twenties, I was so scared of coming off as prudish that I would skip over fondling entirely. By the time my husband, Christopher, and I got together, I'd spent too many years trying too hard to seem adventurous in bed – back-busting porn moves, strained dirty-talking. I decided that with him, there would be no more performing. I wanted to get back to the basics, and what's more basic than hand-to-gland combat?

It started as tantalising foreplay, a way of teasing him: "This is all you get for now." I'd kneel at his side, kissing his chest and fondling him, or I'd crouch between his feet, looking up at his erection like a tourist awed by the Empire State Building. (What guy doesn't want you looking at his junk like it's a triumph of human engineering?) This let me experiment without feeling like I was fumbling my way through the world's most inefficient wank.

Eventually, I learnt the grip, the rhythm and motion that makes him shudder with pleasure. In the mornings, when we're both too rushed for the foreplay required for a nice mutual sexin', he'll ask with a smirk, "What about an HJ?" My response is pretty much always an enthusiastic "Yeah, baby". That's because I get at least as much out of it as he does (and not just 'cos he returns the favour with fingers or oral). I've never felt so in control as when giving

an expert, teasing handjob. Occasionally, it gets me so turned on that I jump on top of him, work be damned. For us, instead of serving as a replacement for bonding, it keeps us connected during the week. We never get a chance to become distant from each other in that way that always spells the death of sex. Plus, it's a miracle for a relationship where the man has a higher sex drive. I'm always in the mood for a handie, but I'm not always in the mood for sex.

But that's just my side of the story. I asked him why he likes our handjob routine. His response? "My dick has never felt so loved."

WE NEVER GET A CHANCE
TO BECOME DISTANT
FROM EACH OTHER IN
THAT WAY THAT SPELLS
THE DEATH OF SEX.





Watch him do it

What better way to figure out what he likes than to watch him touch himself? After all. the guy's likely been doing it at least once a day ever since he sprouted his first pube, so let his expertise guide you.

2. Ask questions

No one is born a virtuoso at playing the peen. The only way you can get there is by putting your ego aside and daring to ask him questions. Does this feel good? More pressure?

3. Don't be scared to start while he's soft

When you first start out, treat it like an experiment - this is all about you getting familiar with his body and the way it responds to your touch. Tell him, "The point here isn't to get you hard, OK?" I'm just having fun. Let me tell you, that is one seriously effective bit of reverse psychology.

4. **Never forget the lube**

Giving a handjob sans lube is like shaving your legs dry - never, ever do it! Try to find a brand of lube that's creamy without too much stickiness. Research matters.

GOLD DIGGER, COUGAR...
LET'S AGREE TO DUMP
THOSE JUDGE-Y TERMS
ONCE AND FOR ALL, SHALL
WE? HERE, TWO WOMEN
GET HONEST ABOUT
DATING WAY OUTSIDE
YOUR DEMO



"My Boyfriend's Old Enough to Be My Dad. No, It's Not Creepy"

BY RACHEL FRANCIS

I was at a crowded bar in my hometown, on a scorching summer night when I mustered up enough liquid courage to approach the future love of my life. He was tall, muscular and blond, with stonegrey eyes and a low, gravelly voice. I was intrigued. But when I suggested we go out for a beer, he gave a polite yet immediate "no". Tim later confessed he thought I was beautiful and smart, but there was one thing working against me – I was 21, he was 47 – and unlike most men who'd be flattered by a younger woman showing interest in them, he thought that going on a date with a woman young enough to be his daughter would be ridiculous.

Fast-forward five years and I'm insanely in love with this man. I'd never dated an older man, nor did I ever imagine I would (although I did always find Harrison Ford more attractive than Chace Crawford, so maybe it's been inside me all along). But Tim is young at heart and I have an old soul, so we meet in the middle (I'm now 26, he's 52). He spends weekends jumping out of planes, and I spend them reading a book at the drop zone waiting for him to land. And despite Tim's initial blow-off, we have quite a bit in common. We're both driven and goal-oriented (he's a former Navy Seal turned entrepreneur, and I'm a safety specialist for a company that manufactures gear motors). We are both in love with our families and obsessed with our two sweet dogs.

Despite all the love, we've been called every name in the book – I must be a gold digger and have daddy issues, he must be a pervert or be very immature to love me. I've been confronted in public a few times, by drunk people at bars who say I'm an embarrassment to my family for loving him. Our own families have spent hours begging us to choose between each other and them. My parents are terrified of the thought that he will pass away around the time they do, and I'll be left alone. His daughters, whom he had young and are around my age, have a strong loyalty to their mother (his ex-wife) and have struggled to let me in. At times, both of our families have been somewhat embarrassed by our relationship. When his daughters' friends see pictures of me and Tim, his daughters feel the need to explain, "Yes, that's his girlfriend. Yes, she's really young." We ourselves have been a bit embarrassed too – like one time when a stranger assumed Tim was my dad and we had to correct him.

The reality is that I come from a regular suburban family. I have a phenomenal father. I bought my first house (without Tim's help) at 23. Tim had never dated a younger woman before me—he was married for 18 years to a woman his age and divorced for five years before our paths even crossed. And I'm happy to report that being with an older man has made me feel like I hit the intimacy jackpot. My boyfriend is sexy (think Jason Statham), and he's had years to master his skills. No, he doesn't need to take Viagra to be with me. And yes, he loves to focus on my pleasure. I am one very lucky woman.

Still, we're both smart enough to know that being madly in love with each other isn't enough. He still struggles with



my age and thinks one morning I'll wake up and wonder what I'm doing with an old man. We have also had to talk about the inevitability of my raging into my prime (whatever that means) while he ages past his. I'm saddened by the thought that I will outlive him, yet I find immense comfort in knowing that I get to spend any time at all loving him.

We struggle with the idea of having children. His kids are grown, and he doesn't know if he could start all over. Meanwhile I can't imagine not creating life out of our love, but I'm terrified my children will grow up to hate me because they won't get the same time with their dad that most kids do. Then I remember that what really matters is that children are born into an abundance of love – and that's one thing our home hasn't lacked since we moved in together just a few weeks after our first date.

Our hearts have shattered over the complicated nature of our relationship, but they have mended with the ease and joy of our love. There have been a couple of times when we have tried to leave each other – but we were never able to stay away for long. We aren't sure what is going to happen in the future, but we're sure that life together is our kind of perfect. We both believe in marriage, and we want that when the time is right. Right now, we're exactly where we are supposed to be in this world – next to each other – and that is where we are going to stay.

"I'M LIVING A LIFE 'DO-OVER' WITH A YOUNGER MAN"

BY MONIQUE EL-FAIZY

When my marriage collapsed in a cascade of discoveries about my husband, I did what many women before me have done: I fled to a place where I thought I would be able to heal and find clarity. But my elected haven wasn't really a mecca for eating or praying. Instead, I chose to relocate with my two young sons to a country in turmoil, arriving on the bloodiest day in its history. On August 14, 2013, the day Egyptian forces killed over 700 civilian demonstrators including a British journalist who had been a guest at a dinner party I had thrown -I moved to Egypt.

While looking for peace there may sound insane, for me the move was a lifesaver. In Cairo, I resurrected the bold, adventurous woman I'd been two decades earlier, before I'd yielded to all the pressures and should-dos of grown-up life.

I had met my former husband in the then-Soviet Moscow, where I'd moved from Paris in search of a job in journalism. We kissed for the very first time on a snowcarpeted Red Square and, after we got married, lived in Hong Kong and London before moving back to the US for what I thought would be just a temporary period of career building before we set off on more adventures. Twenty years and two kids later, we were still in New York, settled as firmly as if our feet had been cemented there. I was happy... until my marriage fell apart.

In Cairo – I was working on a book about Egypt, so moving there seemed the logical choice - I found some strange comfort in all of the upheaval. The adrenaline rush of living in the midst of political instability distracted me from my personal turmoil. The pain was still there, but dealing with the trials of daily life in Egypt as a single woman was so empowering. I didn't want to get into another serious relationship anytime soon. Or ever. As if anything in my life had gone according to plan...

One night, I noticed a friend request on Facebook from someone I didn't know. He was a Tunisian journalist coming to Cairo to start a new job, and he wanted my advice about neighbourhoods and rents. I told him what I could. A few days after he arrived, he asked if I'd like to meet up.

We arranged to meet for drinks after work. In the meantime, I checked out his Facebook profile and realised that he was much younger than me. Based on the scant information I saw, I couldn't devise any calculation at all that would get him out of his twenties. I was already two decades past that, so the age difference took him off the romantic possibility table in my reasoning.

So imagine my surprise then when, over a few beers, I casually mentioned my kids and was immediately struck by the desire to pull the words back into my mouth. My level of chagrin made me realise that, subconsciously at least, I was interested in him.

It turned out that he was having similar feelings. A few

days later, he sent me a text saying he missed me. We met up the following week, and I spilled the tale of my failed marriage. Again, I wanted to kick myself. This time, though, things went differently. We meandered to a nearby hotel to check out the rooftop bar. It was under renovation, but we snuck into a conference room to admire the stunning Nile view... and he kissed me. It was a great kiss - until a security guard pointed his flashlight at us and shooed us away. The last time that had happened to me, I'd been in my high school BF's car.

It was, as the French say, the coup de foudre. A few days after our kiss, he said that he considered us a couple, and a week later he told me he loved me. And despite the age difference and the fact that we disagree on everything from movies to ideal vacation spots, I felt the same way. There was just something between us that transcended logic.

Being with him has felt like a sort of *Back-to-the-Future-*esque do-over of my previous two decades. Living this period of his life with him

So he's young -

that's no reason

to chuck him.

gives me the sensation of reliving mine. Only this time around, I'm actually a better version of myself.

I've learnt it's impossible to be closed-off with a person who's willing to be entirely vulnerable to you – the tough and emotionally impregnable woman I once was has been replaced by someone much softer. I've never felt so very exposed, and while that is terrifying, I'm feeling emotions much more deeply than I ever have before.

The intensity extends to our sex life, which is all one might imagine it'd be with a hard-boiled, hot man in his twenties (when I mentioned to a friend how kind he was, she was too distracted by his looks to notice), and it's also helped me to remember the sexually liberated woman I was in mine. But he's shown me something new. This is the first time I've ever been in a relationship that is both carnal and profoundly emotional.

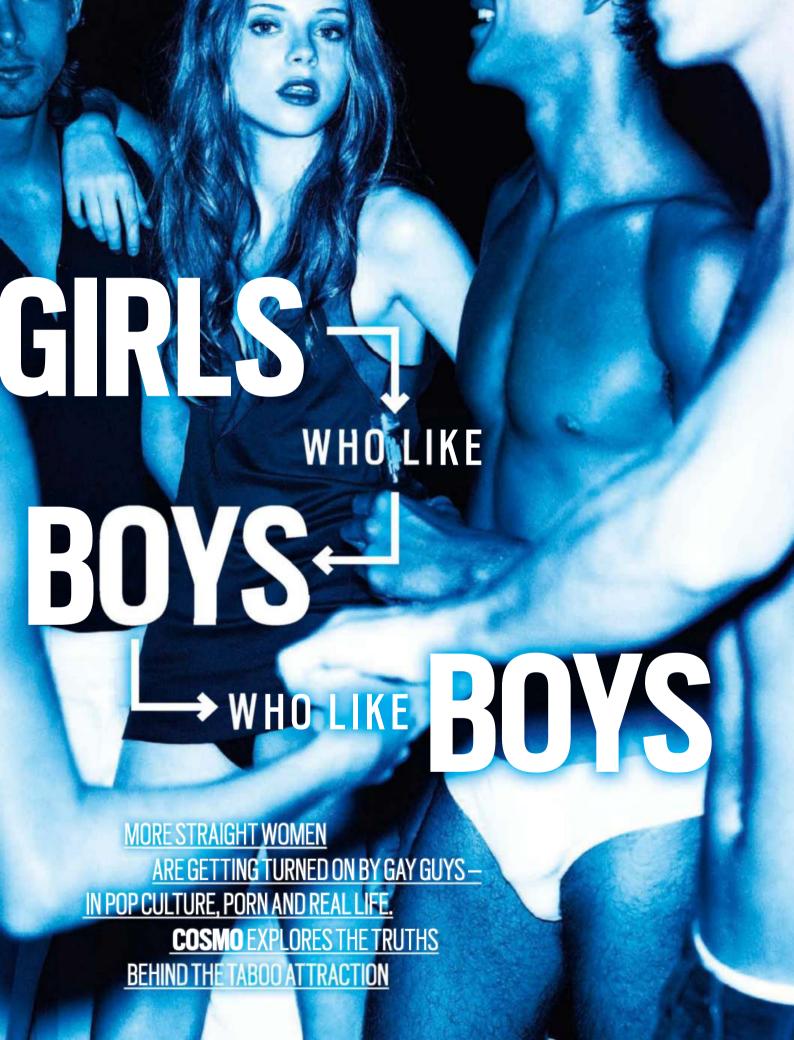
When I step back and take an objective look at us – he's 26, I'm 48 – I think I must look ridiculous. Then I remind myself that if it were he who was 20 years older, no one would think twice, and I realise I'm falling prey to the same sexism I bemoan. While I worry that he'd prefer a woman whose body hasn't been quite so affected by gravity, he tells me many times a day how beautiful I am – even when I know I am not at my prettiest.

Because he's on TV a lot and quite well-known in Tunisia, he's always had girls throwing themselves at him. Counterintuitively, that is reassuring for me. He tells me that of the hundreds of women he's met, he's never met one like me. I believe he's sincere. It's precisely my experience and my different perspective on life that makes me so very interesting to him.

I'm well aware that one day he may want children and that living with two kids who aren't his might become more than he wants to deal with. But over the 10 months we've been together, his assurances have quieted my neuroses. The occasions when we're gazing into each other's eyes and I wonder if he sees an old lady have grown far fewer.

I had dinner with an old friend I hadn't seen in many years. She told me she never thought my marriage was the end of my story. She liked my husband, she explained, but he and my married life never quite fit with the person she'd known me to be. "This makes more sense," she said.

I think the conventionbusting girl from my premarital twenties had it right. Risk is relative, and sometimes the social-mandated choices are the most hazardous.



It's OK to get involved in a bit of man-onman action.

IT'S AFTER-HOURS AT A BAR IN THE CITY AND **KELLY, A STRAIGHT,** 19-YEAR-OLD UNIVERSITY STUDENT, IS MAKING OUT WITH A GAY GUY.

They'd met the previous day at a social-media marketing conference and become fast friends, sitting side by side while Kelly trolled Tinder and he swiped through his Grindr. He made her laugh when he showed her that he'd packed an extra suitcase filled only with shoes. But he was also, in Kelly's eyes, super-hot.

"We started dancing, and it just happened. Like, Oh, hey, this feels right," she recalls. It wasn't the first time Kelly had made out with a gay man... and it probably won't be the last. Her friends make fun of her for it, but she doesn't care. In fact, she says, "Queer guys are my type." There have been other make-out sessions and

hook-ups (but not intercourse) with "effeminate" guys who were either gay or seemed like they "swung both ways", she says. A recent summer fling was a bisexual guy who was usually with men.

Straight guys have long salivated over same-sex lady action: "Kiss! Kiss! Kiss!" is the rallying cry of the basic bro six beers deep at the bar, urging his girl friends to go at it for his enjoyment. Pretty much every threesome in pop culture shows one lucky man sandwiched between two hot, sultry women (Vicky Cristina Barcelona, Savages, Wild Things), whether lesbians or just conveniently gorgeous, sexually fluid women.

It's been more hush-hush - and can feel more taboo but some straight women feel the same way about gay men.

Like Kelly, some are down to make out or hook up with them in real life, a community that reluctantly calls itself girlfags or "girls who like boys who like boys". But far more common is to fantasise about two hot guys having hot sex.

Last year, researchers at the University of Montreal asked 1516 people about their sexual fantasies and found that approximately 1 in 5 women are attracted to the idea of two men having sex. Out and proud gay stars are total heartthrobs. Remember the rabid Matt Bomer fan 🗪



base that created a change.org petition when he was passed over for the Christian Grey role in Fifty Shades of Grey? And erotic male/male (M/M) fan fiction – or slash, as it's commonly called, inspired by the slash between male/male - is exploding at Wattpad, one of the largest online fan fiction communities, where women make up two-thirds of users. On another major

fan-fic hub, Archive of Our Own, data from more than 10,000 respondents found that up to 36 per cent of M/M fans surveyed were both female and heterosexual. Instead of just following Harry Styles on Twitter, girls are reading gay erotica that imagines his One Direction bandmate, Louis Tomlinson, going down on him. Larry Stylinson, as the fictional relationship is

FOR SOME, IT'S AS SIMPLE AS RAW MAN MEAT

hashtagged, is one of the most popular relationships online, generating an estimated 600,000 stories on Wattpad. "My sister seriously needs to leave my room," one young woman recently tweeted, "so I can read Larry porn."

Also an indication that plenty of ladies have eyes for two guys: the porn women are watching. The second most viewed category for



women last year on pornhub. com, a site that boasts more than 38 million visits a day, was "gay (male)".

"It's becoming normal for women to want to see two boys kiss," says Cecilia Tan, editor of Circlet Press, an erotic publishing house, and a writer of M/M erotica including the Harry Potter-inspired series The Prince's Boy. "Gay sex fuels the magic that's in these 1 IN 5 WOMEN ARE ATTRACTED IDEA OF GAY MEN HAVING SEX

> **UNIVERSITY OF** MONTRFAL SURVEY

ACCORDING TO A 2014

worlds," explains Tan, who identifies as bisexual. "It is totally hot for me."

This can be confusing for people who don't find it hot. Why is reading about and/or watching two gay guys - who, by definition, aren't interested in ladies - such a turn-on?

For some, it's as simple as the appeal of raw man meat. "There is something about masculinity pushing against masculinity that draws me in," says Janet Hardy, a sex educator and author of Girlfag: A Life Told in Sex and Musicals, who's attracted to and has had relationships - some of which were sexual - with gay men. But for many women, the appeal goes deeper, says Hardy: "It's about seeing two strong men who are totally vulnerable with each other and the sweetness of finding affection inside that strength."

Guy-on-guy action can also offer a break from all the complicated, clashing ideas about gender politics. There are no damsels in distress or presumptions that men have to be the aggressors, women the delicate flowers. In a series of interviews with straight female uni students who watch gay male porn, Leila Rupp, a sexuality researcher at the University of California at Santa Barbara, says that the students told her they like it "because they feel like the power is equal between the partners". In straight porn, they said they don't like the "traditional" dynamic of "men having power over women".

Carrie, 22, a popular Larry Stylinson writer at Archive of Our Own, says, "It's just better when it's two hot guys. It's more equal." Not to discount the racy rush that comes with imagining illicit oral sex between two world-famous pop stars. "I really like the whole forbidden love trope," she adds. In one of Carrie's tales (she asked us not to reveal her real name because the One Direction fan base sometimes lashes out at Larry 'shippers online, accusing them of sparking fights within the band), Louis goes down on Harry while now-former One Direction member Zayn Malik watches. "'I'm close, so close,' Harry breathed," she writes in one story. "It couldn't have been more than a couple of bobs of Louis' head before Harry moaned, eyebrows knitting together and lips parting as he came." Uh, did that feel tingly for anyone else?

For some women, reading about two guys getting their freak on is a chance to explore their own not-entirely-straight leanings - whether it is an attraction to other women or

curiosity about anal. Tina, a married 33-year-old slash fan, says her jam is the Johnlock 'ship, Benedict Cumberbatch's TV incarnation of Sherlock Holmes and his partner John Watson. It's a "kinky little escape" from her routine sex life, "something different from the missionary I'm so used to having." Indeed, says Tan, "A lot of women who are living a very straight life - they're married with kids or they're young single girls - are also yearning for queerness. Our society pushes us away from that, but gay erotica, gay fan fiction gives women an outlet."

In some cases, fantasising about gay sex can even be a sign of a woman feeling what Hardy describes as "sexually trans". As in, identifying as one gender emotionally and psychologically but another sexually. Hardy, for one, says she feels like a woman on the streets and a man in the sheets. "I am more attracted to very masculine guys who are attracted to guys because I love that energy and I want to be part of that. And when I'm with a guy, I want to be a guy sharing that energy."

Girls liking boys who like boys could be yet another sign that we're living in a brave new world of sexuality, gender and sexual attraction. where there is more blurring of the labels male and female, gay and straight. In the past, a girl who was turned on by two guys "might feel isolated, weird, even sick", says Ritch Savin-Williams, a professor of developmental psychology and the director of the Sex and Gender Lab at Cornell University. But now she and others like her "can find each other online and not feel like they're crazy or the only ones in the world like them".

Michelle Ruiz





. I'M DATING SOMEONE WHO INSISTS ON PAYING FOR EVERYTHING, AND IT MAKES ME REALLY UNCOMFORTABLE. HOW CAN I LET HIM KNOW WITHOUT COMING ACROSS AS UNGRATEFUL?

A. The way dudes tiptoe around money, it can seem like we'd rather talk about butt plugs than who's picking up the cheque. (Mostly, I think guys pay just to avoid the awkward conversation.) But wanting to pay your own way is as natural as wanting someone to go down on you. Tell him, "I respect that you're a gentleman, but I'd feel more comfortable if we took turns throwing down the plastic." When you alternate, you can always end the date with a promise: "I've got the next one."

Q. I'm hooking up with a guy who likes me to leave on my shirt or dress while we have sex. So he wants to sleep with me, but he doesn't want to see my body?

LOVE ADVICE

FROM OUR

GUY GURU,

LOGAN HILL

A. Don't assume the worst. Your nude body might turn him on so much that he comes too quickly. Or he might just be more turned on by the idea of halfclothed sex than the full monty. (There's something hot about getting it on so fast that you don't have time to take it all off.) The only way you'll find out is to ask him. Then let him know that you feel sexier when you're nude. And why not have fun with it? It's the rare man who doesn't love a striptease. You could make it a game - he doesn't get to touch you until you say so... and you're nekkid. How should I play this?

A. You don't have to go all Oprah, raving about how the book changed your life. Just chime in with an "I wondered that too" when someone brings up a point. Or jot down a few questions before and ask them through the night. Remember you won't be graded on participation, so being quiet – i.e. mysterious – is OK.

. MY HOOK-UP GETS RANDOM TEXTS AT 2 AM WHEN I'M SLEEPING OVER. I'M DYING TO KNOW IF THEY'RE FROM ANOTHER GIRL. HOW CAN I FIND OUT WITHOUT STALKING?

A. His friends might occasionally text him late at night – but if this is a regular thing, we both know the texts are from women who want to bone him. That said, he's not your boyfriend, he's your hook-up. If you want to be exclusive, have a convo about your relationship, not who's booty-texting him. As long as you're just FWBs, it's his business.

JORDS BY MICHELLE RUIZ. MICHAEL CREAGH/THE LICENSING PROJECT

Q. I'm sleeping with a guy who says "thank you" after we have sex. It's very, uh, polite, but it feels weird, like I'm a prostitute. Am I just overthinking it?

A. Of all the stupid things a guy might say right after an orgasm leaves him gasping for breath, "thank you" is not even in the top 50. Yes, you are kind of overthinking it. He doesn't think you're a ho. He's just appreciative... and maybe inexperienced. He's still thrilled that you chose him to get it on with. (And there's only so many times you can say "that was ahhhmazing" before it sounds insincere.) That said, if his gratitude bugs you, just let him know. Tell him thanks but no "thanks".

. THE NEW GUY I'M DATING JUST REVEALED HE'S CHEATED BEFORE. HE SAYS IT WAS A ONE-TIME THING. BUT I'M WORRIED. IS THE SAYING "ONCE A CHEATER, ALWAYS A CHEATER" TRUE?

A. Look, we have all done something that we will never do again. Hopefully, we learn from our mistakes. Nobody's future is determined by his past. Your guy is not a screw-up just because he screwed up. You should be sceptical 'cos he cheated but also heartened that he admitted a mistake.

Q. My BF drinks too much at parties to relieve his social awkwardness, then he acts weird and embarrasses me. How can I break this cycle?

..........

A. You've got to talk about this directly. When he's sober. Be supportive, but ask him matter-of-factly to cut back. Say, "I understand you drink when you go out because you're shy, but you don't need to booze. You're cooler when you drink less. I'd love to see you be the guy in public that you are around me."

SEX O&A

No-BS responses to questions you can only ask Cosmo



When I climax from sex, my orgasm feels strong. When I orgasm from masturbating with a clitoral vibe, they feel really light like a fluttering butterfly. Why is that?

A. All orgasms are pretty fan-freaking-tastic, but you're right - they don't all feel exactly the same. Different kinds of orgasms stimulate different nerve pathways to the brain, and some of those nerves trigger stronger brain responses and Os, says sex researcher Beverly Whipple, professor emerata at Rutgers University in New Jersey. More nerve pathways may also lead to more powerful climaxes. In her ongoing research, Whipple says, "Women report that orgasm from stimulation of the area around the G-spot feels deeper, perhaps because more than one pelvic nerve is stimulated." Clitoral love stimulates only one nerve – the pudendal. Luckily, you don't have to pick just one favourite orgasm. You can collect 'em all!





Q. My BFF told me I can get pregnant from period sex. I'm confused. How?

A. "It's a myth that you can't get pregnant on your period," says ob-gyn Dr Sherry Ross. Say you have a short menstrual cycle - 21-24 days - and you have sex at the end of your period. If his sperm lives inside you for three days, by that time you may already be ovulating, producing an egg that can be fertilised by that lingering sperm. Don't risk it – whip out the condoms.



that he sometimes fakes orgasms. How is that even possible, and why would a guy fake an orgasm?

A. For the same reason that women fake them - they're tired, they're just not feeling it, or they hear the siren call of a new episode of Keeping Up With the Kardashians. "Many people think that it's impossible, but if a guy is wearing a condom, he can certainly fake an orgasm," says Debby Herbenick, an associate professor at Indiana **University. Contrary** to popular belief, guys aren't just sex robots who can automatically spring erections (or orgasms for that matter) on demand. They are complex sexual beings, just like women. "There is a lot of pressure on guys to perform," says Herbenick. "That in and of itself can be a good reason for a guy to fake



WHAT'S THE BEST TOY... FOR FULL-COVERAGE STIMULATION?

This sexy little tulip has full-coverage petals to intimately caress every part of you – plus it has 10 intense vibration functions. Jopen Lust L5 USB Rechargeable Massager, \$85.95 (wildsecrets.com.au).

an orgasm."







FIG & RICOTTA TOAST

INGREDIENTS (to serve 1)

- 2 tbs reduced-fat ricotta cheese
- 1 pinch ground cinnamon
- 2 slices multigrain bread
- 2 figs, sliced
- 1 tsp honey

METHOD

In a small bowl, mix the ricotta and cinnamon together.

- 2 Place the bread in toaster and cook to your liking.
- 3 Spread the ricotta over bread evenly, then top with sliced fig.
- I Drizzle the honey over the toast, then enjoy!

NUTRITION PER SERVE

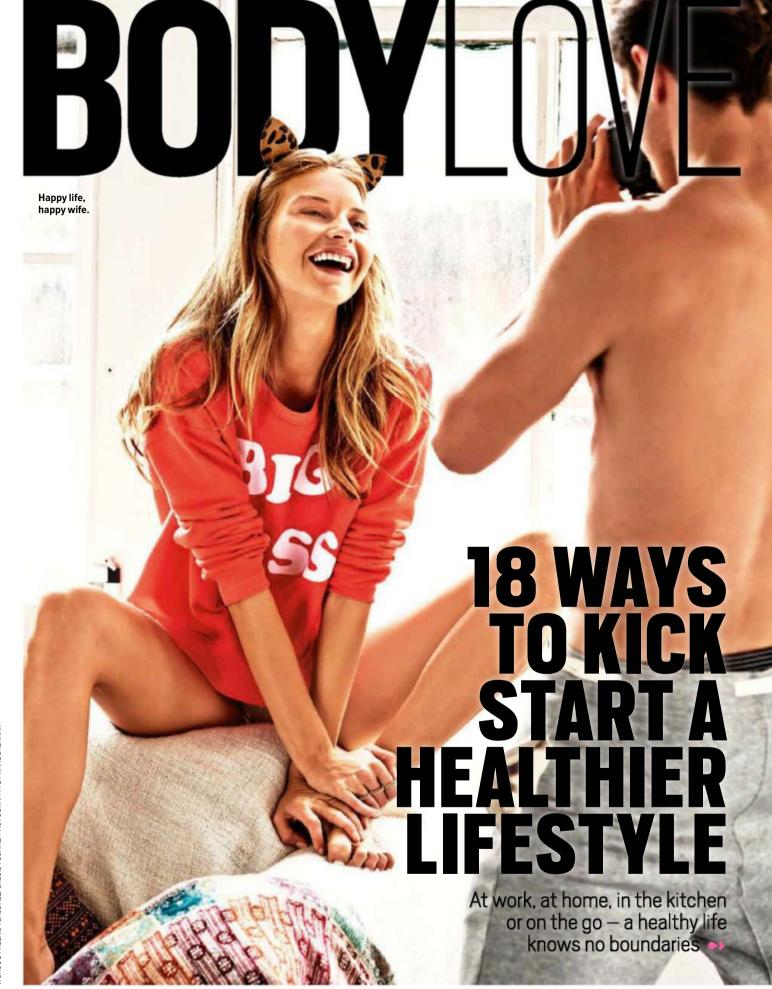
Calories: 253
Sodium: 344.1mg
Fibre: 6.7g
Fat, total: 4.7g
Saturated fat: 1.9g
Carbohydrates: 39.4g
Sugars: 16.3g

Protein: 9.8g

FOR MORE ACTIVITY AND REGIPE SUGGESTIONS, GO TO PRICELINE.COM.AU











GET ON THE SMOOTHIE TRAIN FOR AN EASY FIVE-A-DAY.



The blender: Kambrook Blitz2Go Active It'll cost you: \$49.95 Biggest selling point: It's practically free. We noticed: It's foolproof – there's one button and you hold it down while it blends. We'd use it for a quick blitz of soft ingredients. Go to: kambrook.com.au



The blender:
NutriBullet
It'll cost you: \$169
Biggest selling point:
Bullet-style blenders
are so in right now.
You should know:
There's a lot of hype
around this baby, which
it does live up to. A very
accessible, efficient
and affordable option.
Go to: target.com.au



The blender: Kitchen
Aid Diamond Blender
It'll cost you: \$279
Biggest selling point:
It's more hardcore than
the others (blends ice).
You should know: Ice
and frozen fruit blended
really well. It's got bonus
options like you can
make soup in it (it even
has a heating function).
Go to: kitchenaid.com.au



PHOTOGRAPHY BY CHRIS JANSEN/BAUER; KANE SKENNAR

The blender: Breville
The Boss
It'll cost you: \$999
Biggest selling point:
All the fancy extras.
You should know: It's
the most expensive, but
it's got all the functions
you could ever need –
two litres, ice-crushing,
soup-making, milling,
stirring and chopping.
Go to: breville.com.au





Need a health reboot? Jump online and check out Priceline Pharmacy's free Health Tracker! With 12-week programs, you can target weight management, healthy ageing, stress and sleep. Go to priceline.com.au/thebeautyofhealth.



DOWNLOAD SOOTHING TUNES FOR YOUR MORNING COMMUTE. IT'LL SET YOUR DAY UP RIGHT.

On-ear headphones: \$259.95, Beats by Dr. Dre (apple. com/au)

SOFT
CUSHIONS
DON'T JUST
LOOK NICE
- SILKY
TEXTILES
ADD A
SENSE OF
COMFORT.



What kind of trinkets or pieces do you keep on your desk?

because I'm hungover!)

I try to keep it pretty minimal and clean. I like greenery, and due to my role as creative director at Yellowglen, I always have a few bottles on my desk from the latest collection.

Anything sentimental? In the drawers there is every single printed catalogue we've done in the past 10 years. Sometimes I go through those and go on a trip down memory lane.



"If work is stressful, take five. Instead of writing a fierce email, walk around the block. Always eat breakfast – don't rely on caffeine to get you going. After eight hours of fasting, your brain needs

glucose to start your day." – Dr John D'Arcy, Priceline Pharmacy General Practitioner

TRY
YOGA.
Because...
yoga! It's
calming
and shiz.

Yoga mat:

(lululemon.

com.au)

\$59, Lululemon

CREATE THE PERFECT DESK SPACE...

with Samantha Wills

How important is your work desk to your business? I have two separate work desks. My Sydney work desk (pictured) is where most of the "business" stuff is done, and my NYC desk is where the designing is done. Both are equally as important as each other and they both have a very similar vibe.

Tell us about your workspace. Head office is an old electrical substation in Sydney. When we moved in, it was completely gutted and everything was white, so it was a beautiful

canvas. The three windows



CAN'T SLEEP? Try heading to bed to the sounds of the ocean or even the rainforest!

Sound machine: \$79.95, Sound **Oasis from Sleep Solutions** (sleepsolutions.com.au)

\$16.95, Yellow

Octopus (yellowoctopus.

com.au)



nvigorating for morning and calming

Linen spray: \$85, Jo Malone (jomalone.com.au)

for night.



According to Priceline Pharmacy's Health Tracker Report, 30% of women reported having poor sleep. "Keep your bedroom dark and warm, but not too warm," advises Dr John D'Arcy, Priceline Pharmacy General Practitioner.



FEATHER – Heritage Goose Feather Pillow: \$49.95 (myer. com.au) Light and cuddly but be prepared to spend time fluffing. Good for back and side sleepers.

CHOOSING THE PERFECT PILLOW can make a big difference in vour sleep.

LATEX - Dentons Talalay Latex Pillow in Medium Profile: \$109.95 (myer.com.au).

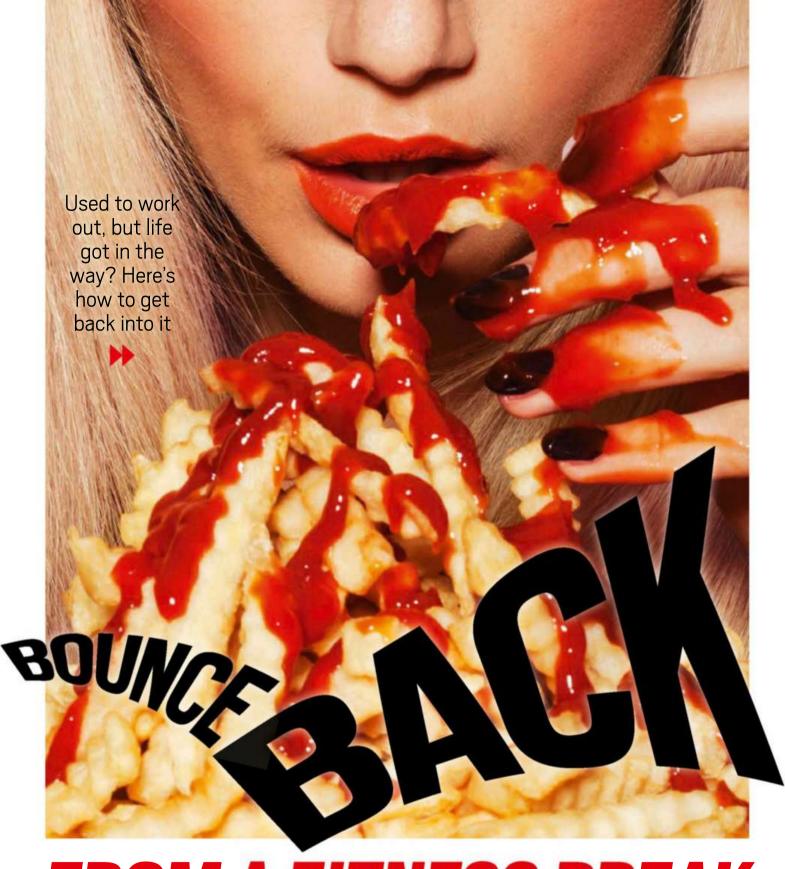
Latex offers lasting support and resists mould and dust mites.

FEATHER & DOWN - Sheridan **Deluxe Feather & Down Pillow:** \$259.95 (sheridan.com.au).

Can last well for 10 to 15 years. A supportive but cuddly option.

MEMORY FOAM - IKEA Memory Foam Pillow: \$19.99 (ikea.com/au). Doesn't clump or require fluffing and retains its shape throughout the night.

POLYESTER – Polyester Pillow: \$5 for 2, Kmart (kmart.com.au). Lightweight and cheap to buy, although they may not last as long as other types.



FROM A FITNESS BREAK

THE STRUGGLE: "Exercise adherence is all about habit," explains Thamsin Dunn, national master coach, fitness instructor and first aid for the Australian Institute of Fitness. "If you've had time off and broken the habit, it can be really hard to get back into the rhythm and start to enjoy exercise again." Those first few times that you exercise after having an extended break due to illness, it can be so very unpleasant (pounding heart, burning lungs...) you might be tempted to give up altogether.

THE STRATEGY: Let your body guide you. If you're still fighting off an illness, it's best to leave off the exercise or you'll simply end up diverting the macronutrients and energy to your muscles and away from where they need to be – which is fighting the bug. Look at where your symptoms are. If they're above the neck (runny nose, sore throat) it can be beneficial to do some light exercise in a warm environment, says Dunn. But if they're below the neck - muscle aches, chest congestion or a fever – you need to rest. If you do feel better, start off slowly. "Have a couple of gentle workouts and if you don't relapse, put the pedal down," she suggests. A good rule of thumb is to wait seven days after all your symptoms disappear before you go back to full intensity."

I WAS INJURED

THE STRUGGLE: If you've seriously hurt something. it's understandable you'd be cautious to get back into exercise. Taking time out to heal may have set back your fitness, too.

THE STRATEGY: There are three phases of an injury, says Dunn. Inflammation - the first 72 hours postinjury, in which your body reacts by swelling to restrict movement in the area; repair - 4-6 weeks post-injury, where the body works to rebuild any damage as fast as it can; and remodelling - up to six months post-injury. Talk to a physio about the best time to reintroduce the injured body part to exercise. You might find they recommend you do some light- to moderateintensity cardio during the repair phase - just be careful not to aggravate the injury. While you heal, you can try workouts that target other muscle groups. Dunn suggests the following swaps:

Shoulder/elbow injury: "Any lower-body, body weight exercises. Squats, lunges and step-ups are a great place to start."

Knee injury: "Upper-body exercises - push-ups, bench press, shoulder press, seated row, dumbbell row..."

Hand injury: "Improve your cardio fitness by running. Avoid anything that requires you to grip."

Back injury: "A back injury needs to be treated with respect. Follow your physio's instructions.

I HAD A BABY

THE STRUGGLE:

Exercise now needs to be baby-compatible so hour-long gym sessions are a bit unrealistic. "Your body will have changed shape, your ligaments will be looser and your energy reserves will be diverted to making breast milk," says Dunn.

THE STRATEGY: Try quick home exercises you can do with baby on board or squeeze in while bub's asleep. Start with gentle short walks with bub in the pram or some babyweighted squats/lunges. If you're craving the social aspect of fitness, Dunn suggests joining a mumsand-bubs group. Call around to find the group that's right for you. Or try Dunn's simple babybased home workout:

WARM UP: (repeat once)

- Jog on the spot - 1 minute
- 20 bum kicks
- 20 side lunges

WORKOUT: (repeat circuit 3 times with 1 min rest between each lap)

- 25 squats (hold baby to chest)
- 15 push-ups (baby on floor)
- 20 lunges (hold baby to chest)
- 15 baby rows (do a sumo squat, holding baby between legs and row bub toward chest - be mindful to support the neck)
- 25 squats (hold baby to chest)
- 20 step-ups (baby in buggy)
- 30-second plank (baby on floor)

COOL DOWN: Pop baby on floor and stretch.

I FORGOT EXERCISE...

THE STRUGGLE: Maybe vou had a super-fast metabolism during your early twenties and just didn't feel the need until now. Perhaps you just couldn't quite work up the courage to enter a gym (they can be kind of intimidating at first).

THE STRATEGY: Start off by booking in a session or two with a personal trainer. "PTs have great technical knowledge and can best advise you on what exercise to do, but more importantly they give you a friendly face to help you find your feet in the environment," says Dunn. Get them to run you through how all the machines at the gym work, so vou're not too intimidated the first time you jump on one. If you decide to go it alone, start out on the cardio machines - treadmill, cross trainer, bikes - as most of these have control panels that are easy to use. And if you feel like people are judging you, "remember... everyone who is in a gym had to enter for the first time at some point in their life they may look big and scary now, but once upon a time they were brandnew too!" reminds Dunn. If it's motivation you need, recruit a friend. Having someone else with you makes it harder to bail on a workout.

I WENT ON HOLIDAYS

THE STRUGGLE: So you backpacked around Europe for two months and ate everything in sight. Sure, lugging a backpack around and doing walking sightseeing tours probably counted for something, but the sheer intake of calories and alcohol most likely outweighed it (literally). Even if you've been out adventuring for a good long while, chances are you still weren't ready to come home. And now the last thing you want is to surround yourself with the bleak interior of a gym when a week ago you were soaking up the sun on a tropical beach. Postholiday blues, right?

THE STRATEGY: Instead of settling into a boring gym routine, keep the adventure going by taking up fun activities that can double as workouts. Try going to an indoor rockclimbing gym for a big adrenaline rush AND a mean upper-body and core workout - if you like it, you can upgrade to outdoor climbing one day. Research the best hikes in your state and attempt all of them with your friends. Try going mountain-biking – that quad burn will feel oh-sosatisfying. If you'd rather keep it zen, take up yoga or pilates – the perfect "by the beach" workout. If none of that appeals to you, use your trip as daydream fodder when you're slogging it out on the treadmill.

Kelsey Garlick



for a barely-there-bikini bottom



Too bootylicious for you, babe?



TWISTED BUM BURN

Get in crab position, knees bent, feet and hands flat, hips lifted. Twist right foot under left leg. Reverse motion, and kick up. Do three sets of 20 reps; switch sides.



THE BUTT LIFT

Lie facedown on an exercise ball, hands on the floor, legs butterflied. With feet together, lift legs up without arching back. Pulse 40 times. Do three sets.



BETTER BUMP JUMPS

Stand with feet wide and turned out, holding a sturdy object like a barre or counter. Squat low. Jump, then land in a squat. Do three sets of 20 reps.



Mindfulness isn't just for yoga. For one minute out of every five of your run or ride, take out your earbuds, stop watching the TV, and instead focus on your breathing and footfalls or RPMs. This zen moment will help you touch base if anything feels off, says Nora St John of Balanced Body in Sacramento, California. Correct it and you'll become a more efficient exerciser... and one who is injury free.

Introducing Wonder Woman's real secret weapon.

body love

Got an issue? And a blender? You're all set

ENERGY BOOSTER SUPERFOOD:

Fun fact: "chia" is

the ancient Mavan word for "strength",

and these tiny seeds

are jam-packed with

antioxidants, protein

and fibre. They make

the perfect delicious

breakfast smoothie.

• 1 tbs Bioglan chia

200ml almond milk

 Handful frozen raspberries

Squirt of honey

• 1/2 cup oats

seeds

PMS BUSTER SUPERFOOD:



Bananas help prevent bloating and fight off water retention. Plus, no need for Nurofen as they contain potassium to help prevent any muscle cramping.

- 200ml milk
- 1 banana
- 1 tbs Nutella
- ½ cup of ice cubes

HANGOVER CURE SUPERFOOD:



The skin-boosting, anti-inflammatory spice that can help reduce puffiness - a dead giveaway you've had a big night.

- 3 carrots, chopped
- 1 small mango
- 1/2 tsp turmeric
- 1 cup of water

COLD FIGHTER **SUPERFOOD:**

Used for centuries by Chinese herbalists. this is the wonder herb that acts as an antihistamine and decongestant - just what you need when you're all blocked up.

- 1 x green apple
- Juice of ½ lemon
- Grating of fresh ginger root
- 2 handfuls of spinach
- 200ml coconut water [





IF YOU DON'T WANT TO GET PREGGERS...

	11 10	0 D 0 II	. ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	I O G L	KEG	G L II O III		
	THE IUD	THE IUS/ Mirena	THE PILL	THE MALE Condom	THE Diaphragm	THE Morning- After Pill	THE FEMALE Condom	THE WITHDRAWAL METHOD
//////	A small, copper, T-shaped device that's inserted into your uterus.	A small, plastic, T-shaped device that's inserted into your uterus.	No surprises here It's a small pill that you swallow erry day.	A plastic or latex glove to cover his D.	A soft, silicone dome inserted into your vagina, which covers the cervix.	An emergency pill you can take the day after you have unprotected sexy times.	It's basically the same as a male condom, only it lines the inner wall of your vajayjay.	This is NOT a contraceptive.
	Worse than a pap smear. The opening of the uterus can be quite painful for some women and may need to be done under sedation. On the plus side, it's all over in five minutes.		Unless you're afraid of teensy tablets, it's totally fine.	Painless and super-easy (although a little bit annoying).	It can be a bit tricky to insert, involving lots of fumbling and potential ouchies.	Apart from being a bit awks to buy from the chemist, it's easy to take.	It's a little inconvenient, but super-easy to insert.	We repeat, this is NOT a contraceptive.
	Averages to about \$5.60 per month (around \$36.90 for five to 10 years, plus a \$200-300 insertion fee).		Up to \$25 a month.	\$11.65 per month (if you have sex twice a week).	Around \$3.50 per month. (A diaphragm costs \$70-\$90 and lasts for two years.)	\$24-45 but you should NOT use this every month. Emergencies only, lady!	\$15-20 for a three-pack.	Tightarse galore – it's totally free.
	All good! You're covered for up to five to 10 years, but you can take it out sooner if you wish.		Same time every day, no exceptions.	Um seriously? If it's not on it won't work.	Same as a condom: if it's not there, it can't work.	If you forget your back-up contraceptive as well, you need to set reminders!	If it's not used, it won't work.	Um, forget to pull out? You know what happens.
RISTOPHER GRIFFITH. THINKSTOCK	There are no hormones with the IUD — the copper wire is toxic to spermies.	Releases levonorgestrel, thickening the womb's wall and the fluid around your cervix.	The combined pill contains oestrogen and progestogen. The mini pill just has progestogen.	Nothing! Hormone-free.	Nothing at all.	Contains progestogen, delaying ovulation, but your period will still come as normal.	Nada.	Nothing - 'cos it doesn't do anything.
DS BY NATASHA HARDING; REBECCA SLOAN. PHOTOGRAPHY BY CHRISTOPHER GRIFFITH.	After one cycle you should return to your pre-existing fertility levels. None.		Generally within a month after you stop taking it. Cycle will be normal within six months.	Like straight away.	Literally as soon as you stop using it. Note: it needs to stay in for six full hours after sex.	Within a week. This trick only protects you for one round of risky sex.	If it's the only form of contraceptive you're using, then pretty quickly!	Like instantly, because it's STILL not a contraceptive.
JS BY NATASHA HARDING; REBE			Nope.	Yes – woohoo!	None. He should also wear a condom.	None. STI protection happens at the time, not the day after.	Yeppo.	ZERO.

GOODBYE PERIOD HERMIT



HELLO FRESH



Facing the world is not always an option when your pad has you feeling all sorts of gross. Come out of hiding with SOFY® BeFresh™. Australia's first* pad with Clean Barrier Technology™ is designed to draw liquid away from the surface, leaving you feeling clean, fresh and more like yourself again.

SAY HELLO TO AUSTRALIA'S FIRST* CLEAN BARRIER TECHNOLOGY™



See what made our shortlist this month

1. Wine o'clock

With the weather getting warmer, popping a bottle of sparkling wine has never sounded better. Henkell Trocken has a creamy flavour and refreshing taste! RRP (750ml) \$17.99.

Available at most liquor outlets.

2. Sparkle sparkle

Swarovski's iconic Stardust Collection will instantly take your outfit to next-level luxe. Available as a single or double wrap bracelet, and necklace, these glamorous pieces can be mixed and matched, or worn solo. Starting from \$79, check out swarovski.com for deets.

3. Like a pro

Pesky cold sores are a thing of the past with ViraproX lip balm. The special blend of moisturisers, menthol and lysine is perfect for daily use. RRP \$7.95. Visit egopharm.com.

4. Heavenly hair

The hair angels, head & shoulders, have been sent to us again, releasing three new types of anti-dandruff shampoo: Damage Rescue, Thick & Strong, and Glossy Colour. RRP \$12.49 each (350ml). Available at all major supermarkets, pharmacies and grocery stores.

5. Clean as a whistle

Say goodbye to the dry post-cleanse skin with the new Avène Cleanance Expert emulsion. This fab product reduces excess sebum and helps eliminate blackheads. RRP \$26.95.

6. Superfood smoothies

To curb those mid-arvo hunger pangs, Bioglan have released a range of wholefood smoothies containing 24 vitamins plus the goodness of chia, wheatgrass and probiotics. RRP \$27.95. Available in pharmacies and at health365.com.au.

7. Beach babe

John Frieda's new range includes the coconut scented Ocean Waves Sea-Salt Spray, creating beach-hair waves, while the Cool Dip Purifying Shampoo and Smooth Seas Detangling Conditioner cleans and nourishes dehydrated strands. Shampoo & conditioner RRP \$15.99 each; spray RRP \$16.99.

Call 1800 468 318 for stockists.



8. So fresh

Feel unstoppable every day of the month thanks to SOFY BeFresh feminine hygiene products, with Australia's first Clean Barrier Technology designed to draw liquid away from the surface. RRP \$4.99. Visit sofybefresh.com.au for info.











THE RULES

RULE 1: If you decorate your house, expect visitors from 5pm onwards. You can't decorate then not answer! Don't want door knockers? Shut the gate and turn off the lights!

RULE 2: Only give out wrapped lollies, and definitely nothing containing nuts.

RULE 3: Don't be stingy! If you wouldn't eat that non-namebrand-nasty-tasting treat, neither will they.

► TRICKS!

Don't want to hand out lollies? Try a trick instead! Note: you'd better make it good otherwise you'll see some disappointed little dressed-up faces.

- Sit outside your door, slumped over and really still with Michael Jackson's *Thriller* ready to play on your phone. Then as they get to the door, spring up and start dancing. Classic.
- Answer the door in a hospital gown with blood splattered on it.
- Place a walkie-talkie in the bottom of your candy bowl and leave it outside. Watch from the window and scream when the hands reach in.

► TREATS!

If sweets are more your style, here are a few ways to add some fun.

- Hand out a sweets menu with a list of choices for the kids to choose from.
- Blow up a plastic glove and bury it in a bowl of sweets for a little spooky surprise.
- Have lollies hidden in a box. Fill it with fake cobwebs and plastic spiders, so they have to dig around to pull out their treat if they dare.
- Give out vegetables to each child (celery sticks or carrots are good options) and watch their faces drop before you replace them with chocolate.

BAT ATTACK Trace a bat shape onto black cardboard and cut out as many

as you can. Then Blu Tack

them to your walls for a

cave-like feel.



PUMPKIN ON ICE

Ditch the esky and use a hollowed-out pumpkin to store drinks. Cut a large pumpkin in half and scoop out all the flesh. Just add ice!



Print out spooky labels for drinks and glue them onto the bottles. Your guests will know the red wine they're after is actually vampire's blood.



EASY-AS DIY COSTUMES

What's Halloween without a costume, right? Try these easy creations for guaranteed best-dressed status...

UP, UP AND AWAY!

Make like the Disney movie Up and create a colourful cardboard house, and hold a giant bunch of helium balloons. It's as simple as gluing together the house and giving it a lick of paint or sticking on printed-out brick sides and a tiled roof.

SWEET AS

Turn yourself into a cupcake, by making a cardboard patty case and icing out of a sheet! The sprinkles can be fluffy pompoms. The most intensive, it will still only take 30 minutes and you'll be sure to win any best-dressed comps.

SO JELLY

Transform yourself into a giant bag of jelly beans, aka blown-up water balloons housed in a big, clear plastic bag. Just add straps and you're done.

50 SHADES OF GREY

Literally. Cover yourself in every shade of grey paint chip you can find! Attach them to string or ribbon, wrap around and tie at the back. Accessorise with plastic hand cuffs. Obviously.

SPOOKY STUFF

Take your party decorations to the next level

Skull bottle: \$6.95, The Little Big Company (tlbc.com.au) Egg shaper: \$12.99, Yellow Octopus (yellowoctopus.com.au)

Card: \$4.95, Kikki.K (kikki-k.com)

4 skull vase is perfect for storing spirits, serving arinks or filling with flowers.

Straws: \$5.95, Make Nice from Lark (larkstore.com.au) Candle: \$42.95,
Glasshouse
(glasshouse
fragrances.com)

Party bags: \$4.95, Lark (larkstore.com.au)

COSMOPOLITAN November 2015 155

drinks

Spike your drink with a little spookiness...



EYEBALL MARTINI

Combine 75ml gin and 15ml dry vermouth in a cocktail shaker and pour into a martini glass. Halve a pickled onion and make a small hole at the front. Place half a stuffed olive in the hole. Garnish your martini with two "eyeballs".

BLACK MAGIC

Garnish your glass with black decorating sugar. (If you can't get your hands on black, mix raw sugar with red and blue food colouring – it's close enough.) Combine 45ml vodka and cherry juice in a cocktail shaker and pour into the glass.



BLOOD SHOT

Fill test tubes with a shot (the size is up to you) of vodka mixed with some cranberry juice.
Bonus points if you add some red food dye or blood orange juice to give the illusion of clotting. Shots! Shots! Shots! (But... er... drink them responsibly.)



SPIDER COCKTAII

Decorate a glass with black sugar.
Combine 60ml dark rum and the juice of one lime into a cocktail shaker with ice and shake well. Strain into your glass and top up with some ginger beer. Drop in a plastic spider to give your guests a scare.

GAMES

ALCOHOLIC APPLE BOBBING

Fill up a large bowl with alcoholic punch and place numbered apples in. Party guests can then bob for apples. Whichever number is carved into the apple the guest picks up, they must take that many shots (or gulps of their drink, if they'd rather).

TRICK OR TREAT

Label six non-seethrough cups with numbers one to six. Place a "trick" shot in three of the cups and a "treat" shot in the remaining three. Each player must roll the dice and drink their shot, not knowing whether they will be facing straight vodka/ tequila or fruit juice.

SCARY MOVIE DRINKING GAME

Select your fave scary movie and write down some drinking rules. We suggest you take a sip anytime someone dies, menacing music plays or you see the killer. You can set it up to drink as often or as little as you like.

SNACKS

Halloween ain't just all about the sweet stuff. Put down the lollies and whip up some heartier snacks with attitude

PINT-SIZED PUMPKINS

If you're looking for a snack to serve this Halloween that won't derail the diet, look no further than these pumpkin (er, mandarine) treats. Simply peel a mandarine and pop a green pipe cleaner stem in the middle.



JACK-O-Burgers

Who doesn't love a burger – especially of the themed variety? Whip up some beef patties (mince, egg, breadcrumbs, onion and parsley) and place them on open burger buns. Cut creepy faces into cheese slices, and devour!



GIVE TO HER BEST MATE ON HER **30TH BIRTHDAY**

Is Evervone Hanaina Out Without Me?

by Mindy Kaling

There's a common misconception that you should have everything together by the time you hit thirty. Hopefully this book would reassure my mate that's not the case - if Mindy still isn't sure what's going down, I just don't think anyone can be.

TAKE TO A DESERT ISLAND **Wuthering Heights**

by Emily Brontë

I get swept away with Cathy and Heathcliffe every time and even if I was stranded on a desert island, the evocative stories of the Yorkshire moors would remind me of home.

GIVE TO HER FIRST-BORN DAUGHTER

Little Women

by Louisa May Alcott

Through the March sisters, I saw a whole other world. One where girls fell in and out of love, endured hardships, illness and tragedy, where they could disappear to Europe to transform themselves or stay at home and work hard to pursue a dream. Most importantly, it taught me the value of family, having people to look out for you and love you. They're messages I'd want to pass on to my daughter.

READ OVER AND OVER AGAIN The Secret History

by Donna Tartt

It's been a favourite of mine since university when my

writing tutor, Graham Joyce, recommended it to me. There's always something new to find in the story and I love the way Tartt controls the action, keeping everything contained right up until it's too late. It's a really fantastic book!

MADE HER WANT TO BE A WRITER Sweet Valley High series by Francine Pascal

I've been writing since I was tiny but I think it was probably the books I read as a teenager that really made me want to put pen to paper. Reading the serialised adventures of the Wakefield twins made me realise there were all kinds of books out there and someone had to be writing them - and now that someone is me!



We've preselected the shows and movies you can't miss this month



IF YOU WANT Prison Break

FEEL LIKE A GOOD CRY The Notebook

RELATIONSHIP **Friday Night Lights**

IN THE MOOD TO BINGE **House of Cards** OF SWOON AND ACTION... Drive







HOTOGRAPHY BY RODNEY MACUJA/BAUER; EMPIRE; MELINDA SUE GORDON (© MELINDA SUE GORDON/KNIGHT TAKES KING PROD);; WIREIMAGE.COM

HURUSC

Your stars are pulling out all the stops this month



23.11-22.12

Rest up, Sag:
Life's about to
get hectic. If
you're starting
to see a kooky
friend in a new
(read: hot) light,
test the waters
around the 6th.
The Sun moves
into your sign
on the 22nd,
ushering in a
wave of positive
momentum.

YOU NEED: Some chill couch time, pre-holiday rush.

SAGITTARIUS GUY: He's running on empty. Turn off his phone, dim the lights, and turn your home into a private, sensual oasis for two.



23.12-20.01

You could strike career gold near the 2nd when Mars and flush Venus unite in your zone of fame and success. Work hard and smart during this time. The 13th is a huuuge day for romance, so mind your health and be ready for anything!

YOU NEED: To RSVP to an industry happy

hour or two.

CAPRICORN
GUY: He's all
about his boys
this month. Have
a catch-up with
your girls, and
pick up a few
sexy pointers.



21.01-19.02

You're hitting your stride in a big way! Speak up when a key person asks for your input near the 10th, and the wins will roll in. The 23rd, when Venus opposes your ruler Uranus, is your biggest day for love this month. Perhaps a sexy getaway for two is on the cards?

YOU NEED: To make way for new dreams.

AQUARIUS GUY: He's in such high demand at work. So why not give him a relaxing, morning-delight wakeup call?



20.02-20-03

It's go time! A trine between mystical Neptune and the very communicative Mercury on the 6th will fuel vour creative instincts. Let your vision lead you after the 18th when Neptune goes direct - but be cautious about big decisions around the 29th.

YOU NEED: To embrace your weird side!

PISCES GUY:
Say hello to Mr
Spontaneous!
Skip your normal
routine, and get
wild on the town
– and with each
other, of course.



21.03-20.04

Be strategic about fitting new opportunities into your groove. Your ruler, active Mars, marches into your zone of partnership on the 12th, making both love and work a joy. Plan a trip after the Sun moves into adventurous Sagittarius on the 22nd.

YOU NEED: To use your finesse, and not force, to get what you want.

ARIES GUY: Your pleasure is his pleasure! Share a fantasy while he's wrapped in your sheets.



21.04-21.05

Keep juggling, Taurus! Venus moves into sociable Libra on the 8th, giving you the perfect words for an ace pitch. Love will thrive near the New Moon in Scorpio on the 11th in vour zone of relationships. Use your silver tongue to catch someone special.

YOU NEED: To keep your body guessing with a new cardio class.

TAURUS GUY: He's feeling a bit directionless. Let him vent to you over food, wine, and plenty of soft laughter.



22.05-21.06

Sparks fly when Venus and Mars unite in your zone of love on the 2nd! Show off your gym gains when the Full Moon enters your sign on the 25th – an uberromantic day. Go slow but steady towards your heart's biggest desire.

YOU NEED: To be real in order to find true love.

GEMINI GUY:
You now have
his undivided
attention. Go for
a romantic walk
outdoors, and
then take his
breath away
back at home.

SAGITTARIUS

AQUARIUS

PISCES

ADIES

GEMINI



22.06-22.07

Make time for love even if you are in nesting mode. When the sun makes a gorgeous sextile to Pluto in your relationship zone on the 5th, a small flirtation may flourish. Your focus shifts towards work after the 22nd when the Sun moves into your

YOU NEED: To stop stressing about everything and just do you.

zone of routine.

CANCER GUY: He's like a kid in a candy store. Lie back and let him call you his lolli-lolli-lollipop!



23.07-23.08

Your hustle is strong, but don't forget the R&R! Spruce up your pad, and throw a chill dinner for friends around the New Moon in Scorpio on the 11th. The 23rd is a great day to get busy... with someone freaky.

YOU NEED: A Pinterest binge for home décor inspiration.

LEO GUY:
He's looking
for a little extra
affection this
month. Get
handsy with
a full-body oil
massage, and
then have him
return the favour.



24.08-23.09

Keep reaching for the stars! Be especially sharp near the 2nd when VIPs are watching. Then enjoy your love life on the 18th, when Neptune goes direct in your relationship zone. Thing with your boo have been unclear, but insight is ahead.

YOU NEED: To build up your squad!

VIRGO GUY: When he flies off in social butterfly mode, remind him that your warm cocoon awaits him – and watch him flutter back in a hurry.



24.09-23.10

Katy Perry has a Scorpio flair for

dramatic fashion. October 25, 1984

Post-birthday energy has you fully recharged! When Venus and your ruler, lively Mars, unite in your sign on the 2nd, a long-held dream could come true. Keep an eye on your finances around the 11th to stay worry-free when your social life amps up after the 2nd.

YOU NEED: To treat yourself as well as you do everyone else.

LIBRA GUY: He. Is. Pumped. Match his energy, get him on the dance floor, and take the lead.



SCORPIO

24.10-22.11

Stellar gift: You know how to make anyone you engage with feel like the only one in the room.

Blind spots: In introspective moods, you can seem cold and give off mixed messages.

Fashion faves: You captivate in dramatic and spare black or red outfits as well as more intricate looks with eye-catching details.

Indulgence: The decadence of all-day lovefests in bed with your amour tantalises you.

Seduction style: You know just when to turn up the charm and when to pull back and let others pursue you. You encourage deep, intense relationships, but reveal your inner self to only a select few.

Your month: Driven by intuition, you'll move full-steam towards your goals as the month begins, The New Moon on the 11th will give you a boost as you work to complete a project that means a lot to you. Just watch out for a financial snafu on the 29th when confusion is high.

Your year: Trust that your vision is clear and strong, and keep being your most genuine self. It'll pay off. Feb and August will bring romance.

You need: To find the balance between innovating and taking care of responsibilities.

THE SCORPIO GUY

Ryan Reynolds 23.10

LOVES: Confident women with big aspirations.

HATES:

Scatterbrained antics that waste his time.

DREAM DATE:

An adrenalinepumping, fun challenge where he can impress you with his daring.

WIN HIM OVER:

By making time for long, intense convos and slow, sweet kisses with him.



CANCER

VERGI LEO

LIBR/

BEST MATCHES

VIRGO: You are equally dedicated to making your biggest dreams (and hottest fantasies!) come true.

CAPRICORN: Your serious and playful sides are perfectly matched.





FIND RACING | FIND WONDERFUL





FIND RACING | FIND WONDERFUL





FLEMINGTON RACECOURSE OCT 31

Top: \$365, Life With Bird (lifewithbird.com). Skirt: \$260, By Johnny at Myer (1800 811 611). Shoes: \$140, Miss KG at Myer (1800 811 611). Fascinator: \$99.95; clutch: \$59.95, both Morgan & Taylor at Myer (1800 811 611). Cuff: \$29.95, Wayne by Wayne Cooper at Myer.





WHAT TO WEAR



1. Dress: \$129.95, Blue Juice at Myer (myer.com.au). 2. Jumpsuit: \$189, Stella at Myer (1800 811 611). Belt: \$12.95, H&M (hm.com/au). 3. Dress: \$129.95, Blue Juice at Myer (1800 811 611). 4. Headpiece: \$360, Heidi and Jasper (heidiandjasper.com). 5. Headpiece: \$299, Studio Aniss (studioaniss.com). 6. Top: \$149.95; skirt: \$149.95, both French Connection at Myer (1800 811 611). 7. Dress: \$69.95, Atmos&here at The Iconic (theiconic. com.au). 8. Headpiece: \$100, Jendi (02 9565 1322). 9. Headpiece: \$599, Natalie Bikicki at Myer (1800 811 611).



spring racing

THE SHOES



\$179.95, Siren at Myer (1800 811 611)



\$69.95, Therapy (therapyshoes.com.au)



\$79.95, Miss Shop at Myer (1800 811 611)



\$169.95. RMK at Myer (1800 811 611)



WHERE TO STAY: THE CULLEN, PRAHRAN This boutique hotel has a cool street art suite. It's a bit exxy but totally worth it. Artserieshotels. com.au/cullen.



THE MARQUEE: EMIRATES

With free hair and makeup touch-ups as well as fancy cocktails and canapés, you'll never want to leave.



THE AFTERPARTY: THE EMERSON Sip champagne on the rooftop, and do a bit of hottie-spotting. Theemerson. com.au.

Dress: \$220, Talulah at Myer (1800 811 611). Headpiece: 611). Headpiece: \$159, Studio Aniss (studioaniss.com). Cuff: \$39.95; silver cuff: \$39.95; gold cuff: \$39.95, all Lumiere at Myer (1800 811 611). Clutch: \$31, Asos (asos.com.au).









WHAT TO WEAR



1. Dress: \$439, Wayne Cooper at Myer (1800 811 611). 2. Dress: \$189.95, Seduce at Myer (1800 811 611). 3. Dress: \$459, Wayne Cooper at Myer (1800 811 611). 4. Dress: \$119, Jayson Brunsdon at Myer (1800 811 611). 5. Headpiece: \$489, Kim Fletcher at Myer (1800 811 611). 6. Headpiece: \$39.95, Collection at Myer (1800 811 611). 7. Fascinator: \$39.99, Lovisa (lovisa.com.au). 8. Headpiece: \$460, Danica Erard (techtrenz.com/design/d_e_millinery/). 9. Dress: \$167.99, Honey & Beau (honeyandbeau.com.au).



spring racing

THE SHOES



\$199.95, Wittner (wittner.com.au)



\$69.96, Forcast (forcast.com.au)



\$119, Asos (asos.com/au)



\$169.95, Nine West at Myer (1800 811 611)



WHERE TO STAY:
THE SEBEL,
FLINDERS LANE
Because you'll
want to be within
stumbling distance
from the station.
Thesebel.com.



THE MARQUEE: MYER
If it's good enough
for supermodel
Jennifer Hawkins,
it's good enough
for us! We mean,
a girl can dream,
right? Right.



THE AFTERPARTY: CLUB 23 Freshen up and head to Shane

Warne's private playground. Club23.com.au. COUNTRYRACING. COM.AU OCT-NOV











WHAT TO WEAR



Dress: \$319, We Are Kindred (wearekindred.com.au).
 Dress: \$790, Aje at Myer (1800 811 611).
 Dress: \$89.95, Tokito at Myer (1800 811 611).
 Fascinator: \$150, George Giavis (02 9328 6700).
 Headpiece: \$550, Viktoria Novak at Myer (1800 811 611).
 Dress: \$189, Wayne by Wayne Cooper at Myer (1800 811 611).
 Headpiece: \$119, Max Alexander at Myer (1800 811 611).
 Headpiece: \$320, Heidi and Jasper (heidiandjasper.com).



spring racing

THE SHOES



\$179.95, Wittner (wittner.com.au)



\$149.95, Nine West at Myer (1800 811 611)



\$179.95, Wittner (wittner.com.au)



\$79.95, Miss Shop at Myer (1800 811 611)



THE WAGGA PICNICS, SATURDAY OCT 3 Enjoy bubbles and a trackside picnic. Dress up to nab a Fashions on the Field prize. Nice! Waggapicnics.com.



STANTHORPE CUP DAY, SATURDAY OCT 17

It's in Qld's wine capital. Need we say more? Be quick – hotels book out fast. Wineracing.org.



ELDERS MT WYCHEPROOF CUP DAY, SATURDAY NOV 2

Great music, bubbles and fab fashion. Cardinia club.com.au.

Dress: \$450, YB J'aime at Myer (1800 811 611). Shoes: \$199.95, Wanted Shoes (wantedshoes.com.au). Headpiece: \$40, Flowerbomb Headwear (0488 979 030). Earrings: \$34.99, Lumiere at Myer (1800 811 611). Bag: \$99.95, Olga Berg at Myer (1800 811 611).







spring racing THE SHOES \$159.95, Nine West at Myer (1800 811 611) \$99, Zara (02 9376 7600) \$159.95, Florsheim at Myer (1800 811 611)





WHERE TO STAY: QUAY WEST SUITES MELBOURNE Oaks Day is known as "ladies day", so make this a girls' trip. Quaywestsuites melbourne.com.au.



THE MARQUEE: YELLOWGLEN TERRACE Nab a spot in the Hamptons-style structure, which has its own "selfie-hub". Selfies galorel



THE AFTERPARTY: MADAME BRUSSELS It's the ultimate garden party... with flamingos. Madamebrussels. com.

\$149.95. Nine West

at Myer (1800 811 611)





1. Top: \$89.95; skirt: \$129.95, both Sportsgirl (sportsgirl.com.au). 2. Top: \$109.95; skirt: \$139.95, both Lumiere by Bariano (bariano.com.au). 3. Top: \$99.95; skirt: \$139.95, both Ruby Sees All (rubyseesall.com). 4. Headpiece: \$285, Kerrie Stanley (kerriestanley.com). **5. Headpiece:** \$140, George Giavis (02 9328 6700). **6. Top:** \$119.95; **skirt:** \$149.95, both Ministry of Style (ministry ofstyle.com.au). 7. Top: \$149; skirt: \$219, both Marcs at Myer (1800 811 611). 8. Headpiece: \$99.95, Gregory Ladner at Myer (1800 811 611). 9. Headpiece: \$179, Gregory Ladner at Myer (1800 811 611).



WHERE TO STAY: The Langham The quaint hotel is a stone's throw away from some of Melb's best bars and restaurants. Langhamhotels.com.



THE MARQUEE: PICNIC ON THE LAWN

Visit some of the pop-up bars for a tipple and settle on the grass to watch the too-cute kids' activities.



at Myer (1800 811 611)

THE AFTERPARTY: SPICE MARKET Get in early for \$10 cocktails or splurge on the Persian Room. Spicemarket. net.au. 😝











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Add some flair to your outfit with a fancy hat or a fascinator



spring racing



SHOW STOPPERS



\$399, Kim Fletcher at Myer (1800 811 611)



SOFTER SIDE



\$150, George Giavis (02 9328 6700)



GILDED GLORY



\$130, Jendi (jendi.com.au)



WHITE



\$200, Danica Erard (techtrenz. com/design/d_e_millinery/)



\$99.95, Morgan & Taylor at Myer (1800 811 611)



\$39.95, Morgan & Taylor at Myer (1800 811 611)



\$249, Richard Nylon at Myer (1800 811 611)



\$99.95, Collection at Myer (1800 811 611)



\$119, Olga Berg at Myer (1800 811 611)



\$169, The House of Hats (thehouseofhats.com.au)



\$595, Viktoria Novak at Myer (1800 811 611)



\$99.95, Olga Berg at Myer (1800 811 611)



\$410, Heidi and Jasper (heidiandjasper.com)



\$99.95, Olga Berg at Myer (1800 811 611)



\$420, Danica Erard (http://techtrenz. com/design/d_e_millinery/)



\$110, Jendi (jendi.com.au)



A ROOKIE'S GUIDE TO RACING

Apparently picking a horse based on its fabulous name doesn't guarantee you any extra dosh. If you're a racing rookie, just follow these steps to placing a bet



Tell the clerk at the betting booth what number race you want to put a bet on.



Tell him/her the amount you're betting. As a rookie we say don't go over \$20.



Choose your horse – go for a favourite, or take a chance on your lucky number.



Choose the type of bet – make it easy and go for a "win" (first place) or a "place" (in the top three).



Put it all together. For example, "Race 3, \$10 on Forgotten Rules to win".

IE DOS & DON'TS...

DO EAT CARBS

No one wants to be THAT drunk girl. Stay classy and line your stomach!

TOON'T WEAR BRAND-NEW SHOES

It's a long day and you don't want to be THAT girl walking around with blistered feet.

LATS

Your feet will thank you – and it means you can keep partying into the night.

P DON'T TAKE SELFIES AFTER

Your makeup will start to melt at this point.

DO WATCH YOUR WALLET

Don't blow your racing budget on the first race.

DON'T GET HOT AND HEAVY IN PUBLIC

Yes, he's cute, but no one wants to see you suck face.

DO WEAR APPROPRIATE KNICKERS

Be prepared for unfortunate gusts of wind.

DO HYDRATE

Pace yourself with the alcohol and drink water.

DO FLAUNT A FASCINATOR

The races are the perfect place to try out a fancy headpiece.

DO WEAR SUNSCREEN

Because the colour "lobster" has never been on-trend.









Fashion's #1 Quick Fix

We feel good when we know we look good! **Hollywood Fashion Secrets**

offers a clever collection of style essentials that help you look and feel fabulous everyday!

Hollywood
Fashion Secrets

Look for this product and more on hollywoodfashiontape.com.au



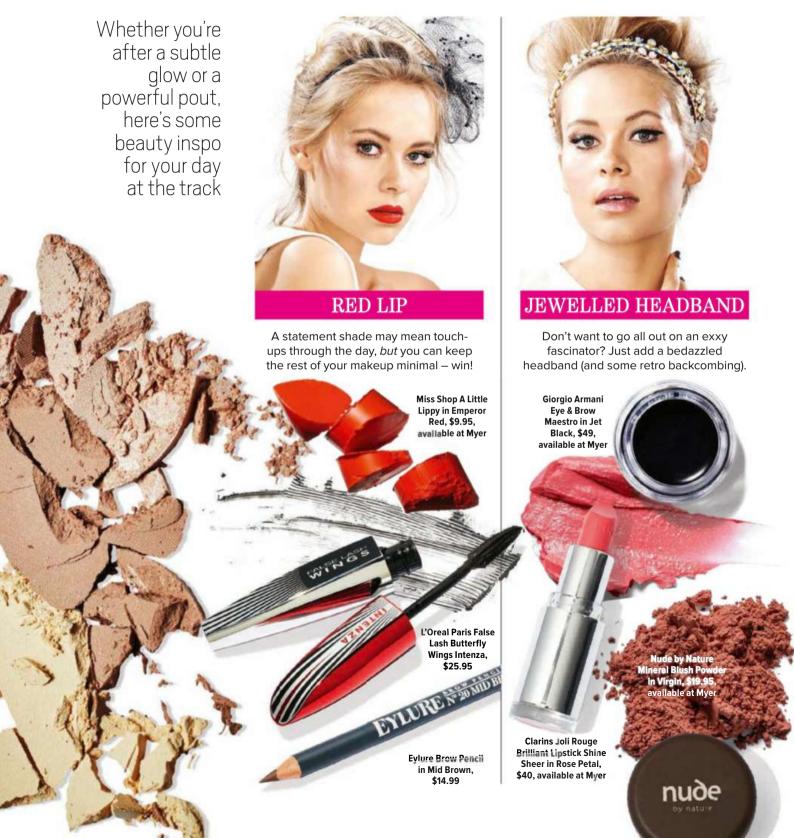








RACE DAY #MAKEUPGOALS







1. Clutch: 99.95, Olga Berg at Myer (1800 811 611). Rings: \$149.95, Guess at Myer (1800 811 611). Sally Hansen Complete Salon Manicure in What in Carnation?, \$9.95.

2. Clutch: \$129, Olga Berg at Myer (1800 811 611). Ring with black stone: \$470; branch ring: \$310, both Natalie Marie Jewellery (nataliemariejewellery.com). Double band ring: \$140, Reliquia (reliquiajewellery.com). Silver ring: \$139, 32.4 (thirtytwopointfour.com). Rimmel London Salon PRO with Lycra in Classical Red, \$8.95. 3. Clutch: \$100, River Island (au.riverisland.com). Rings: index finger \$29.95; middle finger \$29.95; ring finger \$29.95 each, Wayne by Wayne Cooper at Myer (1800 811 611). Sally Hansen Complete Salon Manicure in Au Nature-al, \$9.95. 4. Clutch: \$89.95, Fiorelli at Myer (1800 811 611), Rings: \$16.99 for set, Lovisa (lovisa.com.au). ORLY Nail Lacquer in Haute Red, \$18.95. 5. Clutch: \$195, Karen Millen at Myer (1800 811 611), Rings: right hand index finger \$59.95 (set of 3), Milk and Honey at Myer (1800 811 611); RH middle finger \$99, Kenzo at Myer (1800 811 611); RH ring finger \$49, Karen Walker at Myer (1800 811 611); LH thumb \$89, Kenzo at Myer (1800 811 611); LH index finger large \$89, Kenzo at Myer (1800 811 611); LH index finger small \$29.95, Milk and Honey at Myer (1800 811 611); LH ring finger \$79, Karen Walker at Myer (1800 811 611). Mecca Cosmetica Nail Polish in Volumnia, \$22, available at selected Myer stores. 6. Clutch: \$99.95, Olga Berg at Myer (1800 811 611). Cuff: \$179, 32.4 (thirtytwopointfour.com). Essie Nail Lacquer in Roarrrrange, \$16.95. 7. Clutch: \$199.95, The Daily Edited (thedailyedited.com). Cuff: \$199, Swarovski at Myer (1800 811 611). Ring: \$149, Kenzo at Myer (1800 811 611). Rubi Nail Varnish in Mint, \$4.95. 8. Clutch: \$189, 95, available at Myer. Proposed at Myer (1800 811 611). Cuff: \$480, Chelsea De Luca (chelseadeluca.com). OPI Nail Lacquer in Alpine Snow, \$19.95, available at Myer.



FIND RACING | FIND WONDERFUL







Jacket: \$299, Cambridge at Myer (1800 811 611). Shirt: \$40, River Island (au.riverisland.com). Pocket square: \$19.95; hat: \$29.92, both Blaq at Myer (1800 811 611). Shoes: \$100, River Island (au.riverisland.com).



Shirt: \$85, Topman (02 8072 9300). Vest: \$75, Topman (02 8072 9300). Blazer: \$499, Baker at Myer (1800 811 611). Tie: \$28, River Island (au.riverisland. com). Pocket square: \$19.95, Blaq at Myer (1800 811 611). Shoes: \$289, Nota (notashoes.com).



Shirt: \$99.95, Brooksfield at Myer (1800 811 611). Jacket: \$129, Kenji at Myer (1800 811 611). Pocket square: \$39.95, M.J. Bale at Myer (1800 811 611). Tie: \$39.95, Blaq at Myer (1800 811 611). Shoes: \$249, Nota (notashoes.com).

\$149.95, Julius Marlow at Myer (1800 811 611).





YELLOWGLEN

